MARCH 2023

FLORENCE SCHOOL DISTRICT 3
A PREMIER DISTRICT OF CHOICE

LUNCH

READ ACROSS THE WORLD WEEK --- FEBRUARY 27 – MARCH 3, 2023

K-8 Grades (SES)

"This institution is an equal opportunity provider."

Healthy eating is not about sticking to strict diets or depriving yourself of the foods you love. Rather, it's about eating a balanced range of foods that help you feel great, have more energy, improve your outlook, and help you achieve and maintain a healthy weight.

Menus are subject to change based on product availability.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate **Alternate Entrée**: Chef Salad or Peanut Butter & Jelly Uncrustable with Cheese Stick & WG Crackers ---all entrees with choice of vegetable and/or fruit. **Adult Meal Price: $4.81**		1 ***Celebrating Africa*** Stewed Chicken Jollof Rice Cole Slaw Sweet Cornbread Assorted Chilled Fruit Cup Fresh Fruit	2 ***Celebrating Latin America*** Beef or Chicken Tacos Mexican Rice Black Beans Sweet Plantains Assorted Chilled Fruit Cup Assorted Fresh Fruit	3 ***Celebrating Native America*** Sweet & Sour Popcorn Chicken Indian Fried Corn Cinnamon Roll Roasted Vegetables Fresh Berries Assorted Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
6 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	7 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	8 Chicken Pileau Yeast Roll Field Peas Steamed Broccoli Chilled Fruit Cup Assorted Fresh Fruit	9 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	10 BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
13 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit	14 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	15 Chicken Sandwich on WG Bun Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit	16 Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	17 Teacher Workday No School for Students
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
20 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	21 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	22 BBQ Chicken Seasoned Brown Rice Collard Greens Chilled Fruit Cup Assorted Fresh Fruit	23 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	24 Super Fajita Chicken or Beef Taco Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY	**TUESDAY**	**WEDNESDAY**	**THURSDAY**	**FRIDAY**
27 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit	28 Chicken Nuggets w/Dipping Sauce Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	29 Chicken Sandwich on WG Bun Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit	30 Corn Dog Nuggets Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	31 Deli Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit