

MARCH 2023

LUNCH

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

<div></div> <div><h1>K-8 Grades (Panther Academy)</h1></div> <div><p>"This institution is an equal opportunity provider."</p></div>		<div></div> <div><p>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.</p></div>		
Menus are subject to change based on product availability.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate</div> <div>Alternate Entrée: Chef Salad or Peanut Butter & Jelly Uncrustable with Cheese Stick & WG Crackers ---all entrees with choice of vegetable and/or fruit.</div> <div>Adult Meal Price: \$4.81</div>	<div></div>	<div>Celebrating Africa1</div> <div>Stewed Chicken</div> <div>Jollof Rice</div> <div>Cole Slaw</div> <div>Sweet Cornbread</div> <div>Assorted Chilled Fruit Cup</div> <div>Fresh Fruit</div>	<div>Celebrating Latin America2</div> <div>Beef or Chicken Tacos</div> <div>Mexican Rice</div> <div>Black Beans</div> <div>Sweet Plantains</div> <div>Assorted Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>Celebrating Native America3</div> <div>Sweet & Sour Popcorn Chicken</div> <div>Indian Fried Corn</div> <div>Cinnamon Roll</div> <div>Roasted Vegetables</div> <div>Fresh Berries</div> <div>Assorted Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>6</div> <div>Spaghetti w/Meat Sauce</div> <div>Garlic Bread Stick</div> <div>Pinto Beans</div> <div>Baby Carrots w/Ranch Cup</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>7</div> <div>Hot Dog w/Chili</div> <div>Seasoned Potato Fries</div> <div>Corn-on-the-Cob</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>8</div> <div>Chicken Pileau</div> <div>Yeast Roll</div> <div>Field Peas</div> <div>Steamed Broccoli</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>9</div> <div>Beef-A-Roni</div> <div>Cinnamon Roll</div> <div>Romaine Side Salad</div> <div>Cut Green Beans</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>10</div> <div>BBQ Pork on WG Bun</div> <div>Mexicali Corn</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>13</div> <div>Cheeseburger on WG Bun</div> <div>Baked Beans</div> <div>Apple Crisp</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>14</div> <div>Mandarin Orange Chicken</div> <div>Brown Rice Bowl</div> <div>Garlic Bread Stick</div> <div>Pinto Beans</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>15</div> <div>Chicken Sandwich on WG Bun</div> <div>Seasoned Oven Fries</div> <div>Whole Kernel Corn</div> <div>Sidekick</div> <div>Assorted Fresh Fruit</div>	<div>16</div> <div>Hot Dog w/Chili</div> <div>Sweet Potato Tots</div> <div>Broccoli Florets w/Ranch Cup</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>17</div> <div>Teacher Workday</div> <div>No School for Students</div>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>20</div> <div>Spaghetti w/Meat Sauce</div> <div>Garlic Bread Stick</div> <div>Pinto Beans</div> <div>Baby Carrots w/Ranch Cup</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>21</div> <div>Hot Dog w/Chili</div> <div>Seasoned Potato Fries</div> <div>Corn-on-the-Cob</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>22</div> <div>BBQ Chicken</div> <div>Seasoned Brown Rice</div> <div>Collard Greens</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>23</div> <div>Beef-A-Roni</div> <div>Cinnamon Roll</div> <div>Romaine Side Salad</div> <div>Cut Green Beans</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>24</div> <div>Super Fajita Chicken or Beef Taco</div> <div>Mexicali Corn</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>27</div> <div>Cheeseburger on WG Bun</div> <div>Baked Beans</div> <div>Apple Crisp</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>28</div> <div>Chicken Nuggets w/Dipping Sauce</div> <div>Garlic Bread Stick</div> <div>Pinto Beans</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>29</div> <div>Chicken Sandwich on WG Bun</div> <div>Seasoned Oven Fries</div> <div>Whole Kernel Corn</div> <div>Sidekick</div> <div>Assorted Fresh Fruit</div>	<div>30</div> <div>Corn Dog Nuggets</div> <div>Sweet Potato Tots</div> <div>Broccoli Florets w/Ranch Cup</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>	<div>31</div> <div>Deli Sandwich on WG Bun</div> <div>Steamed Carrots</div> <div>Chilled Fruit Cup</div> <div>Assorted Fresh Fruit</div>

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<div></div> <div>9-12 Grades (Panther Academy)</div> <div>"This institution is an equal opportunity provider."</div>		<div></div> <div>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.</div>		
Menus are subject to change based on product availability.				
<div>MONDAY</div> <div>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 or Pizza or Smart Mouth Pizza (LCH), Big Daddy Pizza (JPT & DREM) ---all entrees with choice of vegetable and/or fruit. Adult Meal Price: \$4.81</div>	<div>TUESDAY</div> <div></div>	<div>WEDNESDAY</div> <div>Celebrating Africa 1 Stewed Chicken Jollof Rice Cole Slaw Sweet Cornbread Assorted Chilled Fruit Cup Fresh Fruit</div>	<div>THURSDAY</div> <div>Celebrating Latin America 2 Beef or Chicken Tacos Mexican Rice Black Beans Sweet Plantains Assorted Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>FRIDAY</div> <div>Celebrating Native America 3 Sweet & Sour Popcorn Chicken Indian Fried Corn Cinnamon Roll Roasted Vegetables Fresh Berries Assorted Chilled Fruit Cup Assorted Fresh Fruit</div>
<div>MONDAY</div> <div>6 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>TUESDAY</div> <div>7 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>WEDNESDAY</div> <div>8 Chicken Pileau Yeast Roll Field Peas Steamed Broccoli Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>THURSDAY</div> <div>9 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>FRIDAY</div> <div>10 Super Fajita Chicken or Beef Taco or BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit</div>
<div>MONDAY</div> <div>13 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>TUESDAY</div> <div>14 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>WEDNESDAY</div> <div>15 Chicken Fillet Sandwich Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit</div>	<div>THURSDAY</div> <div>16 Charcuterie Tray or Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>FRIDAY</div> <div>17 Teacher Workday No School for Students</div>
<div>MONDAY</div> <div>20 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>TUESDAY</div> <div>21 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>WEDNESDAY</div> <div>22 BBQ Chicken Seasoned Brown Rice Collard Greens Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>THURSDAY</div> <div>23 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>FRIDAY</div> <div>24 Super Fajita Chicken or Beef Taco or BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit</div>
<div>MONDAY</div> <div>27 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>TUESDAY</div> <div>28 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>WEDNESDAY</div> <div>29 Chicken Fillet Sandwich Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit</div>	<div>THURSDAY</div> <div>30 Charcuterie Tray or Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit</div>	<div>FRIDAY</div> <div>31 Turkey & Cheese Wrap or Sub Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit</div>