

MARCH 2023

LUNCH

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

 <h3>4K-6 Grades (JCL)</h3> <p>"This institution is an equal opportunity provider."</p> 		<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> <p>Menus are subject to change based on product availability.</p>		
MONDAY Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate <i>Alternate Entrée:</i> 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	TUESDAY 	WEDNESDAY <i>Celebrating Africa</i> 1 Stewed Chicken Jollof Rice Cole Slaw Sweet Cornbread Assorted Chilled Fruit Cup Fresh Fruit	THURSDAY <i>Celebrating Latin America</i> 2 Beef or Chicken Tacos Mexican Rice Black Beans Sweet Plantains Assorted Chilled Fruit Cup Assorted Fresh Fruit	FRIDAY <i>Celebrating Native America</i> 3 Sweet & Sour Popcorn Chicken Indian Fried Corn Cinnamon Roll Roasted Vegetables Fresh Berries Assorted Chilled Fruit Cup Assorted Fresh Fruit
MONDAY 6 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	TUESDAY 7 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	WEDNESDAY 8 Chicken Pileau Yeast Roll Field Peas Steamed Broccoli Chilled Fruit Cup Assorted Fresh Fruit	THURSDAY 9 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	FRIDAY 10 BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY 13 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit	TUESDAY 14 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	WEDNESDAY 15 Chicken Sandwich on WG Bun Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit	THURSDAY 16 Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	FRIDAY 17 Teacher Workday No School for Students
MONDAY 20 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	TUESDAY 21 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	WEDNESDAY 22 BBQ Chicken Seasoned Brown Rice Collard Greens Chilled Fruit Cup Assorted Fresh Fruit	THURSDAY 23 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	FRIDAY 24 Super Fajita Chicken or Beef Taco Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
MONDAY 27 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit	TUESDAY 28 Chicken Nuggets w/Dipping Sauce Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	WEDNESDAY 29 Chicken Sandwich on WG Bun Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit	THURSDAY 30 Corn Dog Nuggets Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	FRIDAY 31 Deli Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit