

MARCH 2023

LUNCH

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

<div></div> <div>7-8 Grades (DREM)</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>