

# MARCH 2023

# LUNCH

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

 <h3>9-12 Grades (LCH)</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>		
<b>MONDAY</b> Milk Choices Daily: Low-Fat White, Fat Free White or Fat Free Chocolate <b>Alternate Entrée:</b> 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. <b>Adult Meal Price: \$4.81</b>	<b>TUESDAY</b> 	<b>WEDNESDAY</b> <b>Celebrating Africa</b> 1 Stewed Chicken Jollof Rice Cole Slaw Sweet Cornbread Assorted Chilled Fruit Cup Fresh Fruit	<b>THURSDAY</b> <b>Celebrating Latin America</b> 2 Beef or Chicken Tacos Mexican Rice Black Beans Sweet Plantains Assorted Chilled Fruit Cup Assorted Fresh Fruit	<b>FRIDAY</b> <b>Celebrating Native America</b> 3 Sweet & Sour Popcorn Chicken Indian Fried Corn Cinnamon Roll Roasted Vegetables Fresh Berries Assorted Chilled Fruit Cup Assorted Fresh Fruit
<b>MONDAY</b> 6 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	<b>TUESDAY</b> 7 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	<b>WEDNESDAY</b> 8 Chicken Pileau Yeast Roll Field Peas Steamed Broccoli Chilled Fruit Cup Assorted Fresh Fruit	<b>THURSDAY</b> 9 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	<b>FRIDAY</b> 10 Super Fajita Chicken or Beef Taco <u>or</u> BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
<b>MONDAY</b> 13 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit	<b>TUESDAY</b> 14 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	<b>WEDNESDAY</b> 15 Chicken Fillet Sandwich Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit	<b>THURSDAY</b> 16 Charcuterie Tray <u>or</u> Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	<b>FRIDAY</b> 17 Teacher Workday No School for Students
<b>MONDAY</b> 20 Spaghetti w/Meat Sauce Garlic Bread Stick Pinto Beans Baby Carrots w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	<b>TUESDAY</b> 21 Hot Dog w/Chili Seasoned Potato Fries Corn-on-the-Cob Chilled Fruit Cup Assorted Fresh Fruit	<b>WEDNESDAY</b> 22 BBQ Chicken Seasoned Brown Rice Collard Greens Chilled Fruit Cup Assorted Fresh Fruit	<b>THURSDAY</b> 23 Beef-A-Roni Cinnamon Roll Romaine Side Salad Cut Green Beans Chilled Fruit Cup Assorted Fresh Fruit	<b>FRIDAY</b> 24 Super Fajita Chicken or Beef Taco <u>or</u> BBQ Pork on WG Bun Mexicali Corn Chilled Fruit Cup Assorted Fresh Fruit
<b>MONDAY</b> 27 Cheeseburger on WG Bun Baked Beans Apple Crisp Chilled Fruit Cup Assorted Fresh Fruit	<b>TUESDAY</b> 28 Mandarin Orange Chicken Brown Rice Bowl Garlic Bread Stick Pinto Beans Chilled Fruit Cup Assorted Fresh Fruit	<b>WEDNESDAY</b> 29 Chicken Fillet Sandwich Seasoned Oven Fries Whole Kernel Corn Sidekick Assorted Fresh Fruit	<b>THURSDAY</b> 30 Charcuterie Tray <u>or</u> Hot Dog w/Chili Sweet Potato Tots Broccoli Florets w/Ranch Cup Chilled Fruit Cup Assorted Fresh Fruit	<b>FRIDAY</b> 31 Turkey & Cheese Wrap <u>or</u> Sub Sandwich on WG Bun Steamed Carrots Chilled Fruit Cup Assorted Fresh Fruit