



This institution is an equal opportunity provider



Nutrition Tip: March is National Nutrition Month! To celebrate try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

Chicken Strips/Roll
Pizza
Mixed Veggies/Potatoes
Fruit/Juice

3
Corn Dog
Hot-Ham Cheese Sub
Baked Beans/Green Peas
Fruit/Juice

9
Mandarin Chicken/Rice
Cheeseburger
Squash/Steamed Broccoli
Fruit/Juice

10
Steak Fingers/Roll
B.B.Q Rib Hoagie
Black Eyed Peas/Mashed
Potatoes-Gravy
Fruit/Juice

Tuesday

4
Fruit Yogurt Plate
Beef Steak Burger/French
Fries/Carrots
Fruit/Juice

11
Fruit Yogurt Plate
Chicken Leg/Roll
California Veggies/Squash
Fruit/Juice

Wednesday

5
Chef Salad/Crackers
Spaghetti/Garlic Bread
Side Salad/Steamed Broccoli
Fruit/Juice

12
Chef Salad/Crackers
Mexican Pizza
Corn/Side Salad
Fruit/Juice

Thursday

6
Fruit Yogurt Plate
Red Beans/Rice/Biscuit
Turnip Greens/Squash
Fruit/Juice

13
Fruit Yogurt Plate
Tuna Salad/Roll
Baked Potato/Steamed
Broccoli
Fruit/Juice

Friday

16
Cheesy Chicken-Rice
Roll
Pizza
Sweet Potatoes/Green Beans
Fruit/Juice

17
Hamburger Patty
Rice-Gravy/Roll
Meat Ball Sub
Green Peas/Carrots

18
Fruit Yogurt Plate
Hot Dog
French Fries/Baked Beans
Fruit/Juice

19
Chef Salad/Crackers
Nacho Grande
Side Salad/Corn
Fruit/Juice

20
Fruit Yogurt Plate
Fish Sticks/Cheese
Toast/Black Eyed Peas
Side Salad
Fruit/Juice

23
Chicken Nuggets
Pizza
Green Beans/Squash/Roll
Fruit/Juice

24
Spaghetti/Garlic
Bread
Chicken Sandwich
Mixed Veggies/Broccoli
Fruit/Juice

25
Fruit Yogurt Plate
Hamburger French
Fries/Side Salad/Green Peas
Fruit/Juice

26
Chef Salad/Crackers
Philly Cheese Steak
Hoagie/California Veggies
Carrots
Fruit/Juice

27
Fruit Yogurt Plate
Grilled Cheese
Sandwich/French Fries
Carrots w-dip
Fruit/Juice

30
Chicken Strips/Roll
Pizza
Mixed Veggies/Potatoes
Fruit/Juice

31
Corn Dog
Chicken Sandwich
Baked Beans/California
Veggies
Fruit/Juice

