



# LUNCH MENU

## MARCH 2022

This institution is an equal opportunity provider.  
 Serving Sizes are as follows: School Age – m/ma 2oz, fruit ½ c, vegetables ¼ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

WG = Whole Grain  
 Fruit options vary when in season and will be rotated based on availability:  
 Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches,  
 Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail,  
 Peaches, Mandarin Oranges, Mangos

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| <b>February 28</b><br><b>BBQ Meatballs</b><br>Brown Rice<br>Fresh Broccoli w/ Ranch<br>Green Beans<br>Fruit<br>Milk                                    | <b>March 1</b><br><b>Mac and Cheese w/ WG Pasta</b><br>Mixed Vegetables<br>Corn<br>Fruit<br>Milk                            | <b>March 2</b><br><b>Turkey Ham &amp; Cheese Sandwich</b><br>Whole Grain Sandwich Roll<br>Tomato/Cucumber Salad<br>Chic Peas<br>Fruit<br>Milk                   | <b>March 3</b><br><b>WG Chicken Nuggets</b><br>Potato Wedges<br>Peas<br>Ketchup<br>Fruit Cocktail<br>Milk  | <b>March 4</b><br><b>2 WG Cheese Pizza Stick</b><br>Spinach<br>Cooked Carrots<br>Fruit<br>Milk  |
| <b>March 7</b><br><b>Turkey &amp; Cheese on WW Bread</b><br>Mayonnaise<br>Carrot Sticks<br>Peas<br>Ranch Dressing<br>Fruit<br>Milk                     | <b>March 8</b><br><b>Grilled Chicken</b><br>WG Pasta w/ Sauce<br>Broccoli<br>Corn<br>Fruit Cocktail<br>Milk                 | <b>March 9</b><br><b>Roast Beef and American Cheese</b><br>WG Sandwich Roll<br>Tomato/Cucumber Salad<br>Chic Peas<br>Fruit<br>Milk                              | <b>March 10</b><br><b>Turkey Sausage</b><br>WG French Toast<br>Breakfast Potatoes<br>Fruit<br>Milk   | <b>March 11</b><br><b>2 WG Cheese Pizza Stick</b><br>Spinach<br>Cooked Carrots<br>Fruit<br>Milk |
| <b>March 14</b><br><b>Swedish Meatballs</b><br>WG Dinner Roll<br>Corn<br>Green Beans<br>Fruit<br>Milk  | <b>March 15</b><br><b>Turkey Ham and Cheese on WW Bread</b><br>Mayo<br>Carrot Sticks w/ Ranch<br>Chic Peas<br>Fruit<br>Milk | <b>March 16</b><br><b>Grilled Chicken</b><br>Garden Salad w/ Cheese & Tomato, Cucumber, Broccoli<br>Ranch Dressing<br>WG Dinner Roll w/ Butter<br>Fruit<br>Milk | <b>March 17</b><br><b>Corned Beef &amp; Potatoes</b><br>Cabbage & Noodles<br>Broccoli<br>Fruit<br>Milk<br><br><b>ST. PATRICK'S DAY!</b>                            | <b>March 18</b><br><b>2 WG Cheese Pizza Stick</b><br>Spinach<br>Cooked Carrots<br>Fruit<br>Milk |
| <b>March 21</b><br><b>Beef BBQ</b><br>WG Sandwich Roll<br>Potato Wedges<br>Green Beans<br>Ketchup<br>Fruit<br>Milk<br><b>"National Sloppy Joe Day"</b> | <b>March 22</b><br><b>WG Pasta w/ Meat Sauce</b><br>Mixed Vegetables<br>Corn<br>Fruit<br>Milk                               | <b>March 23</b><br><b>Turkey and American on WG Bun</b><br>Mayo<br>Side Garden Salad w/ Chic Peas w/ Italian Dressing<br>Fruit<br>Milk                          | <b>March 24</b><br><b>Teriyaki Chicken Fried Brown Rice</b><br>Peas and Carrots<br>Mandarin Oranges<br>Milk  | <b>March 25</b><br><b>2 WG Cheese Pizza Stick</b><br>Spinach<br>Cooked Carrots<br>Fruit<br>Milk |
| <b>March 28</b><br><b>Roast Turkey w/ Gravy</b><br>Stuffing<br>Cooked Carrots<br>Green Beans<br>Fruit<br>Milk  | <b>March 29</b><br><b>Macaroni &amp; Cheese w/ WG Pasta</b><br>Green Beans<br>Corn<br>Corn<br>Fruit<br>Milk                 | <b>March 30</b><br><b>Cheese Sandwich on WW Bread</b><br>Carrot Sticks<br>Chic Peas<br>Ranch Dressing<br>Fruit<br>Milk  | <b>March 31</b><br><b>Chicken Patty Sandwich</b><br>WG Sandwich Roll<br>Sweet Potato Tots<br>Carrots<br>Fruit<br>Milk<br>Mayonnaise<br><b>"National Tater Day"</b> | <b>April 1</b><br><b>2 WG Cheese Pizza Stick</b><br>Spinach<br>Cooked Carrots<br>Fruit<br>Milk  |