

MARCH 2024

Community Education Building (CEB)

LUNCH



Daily Lunch Option: Soy Butter & Jelly Sandwich, Assorted Salads, Pizza, Carroteenies, Assorted Hummus Cups, Fresh Fruit & Assorted Milks.



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



-French Bread Pizza w
Garden Fresh Caesar
Salad
-Chicken Caesar Wrap

4

-Chicken Nacho's w
Dorito's & Buttered Corn
-Turkey & Cheese on
Whole Grain Bun

5

-Cheeseburger Calzone w
Whole Grain Onion Rings
-American Cold Cut w
Lettuce & Tomato

6

-Roasted Chicken w
Garlic Knot. Sweet Potato
Mash & Seasoned Green
Beans
-Turkey Bacon Wrap

7

Chicken Tender w Curly
Fries & Glazed Carrots

1

-French Toast w Turkey
Bacon & Roasted Home
fries
-Turkey Ham & Cheese
on Whole Grain Bun

8

-Pizza Calzone w Crispy
French Fries
-Chicken Caesar Wrap

11

-Oven Fried Chicken w
Buttered Biscuit &
Mashed Potatoes
-Turkey & Cheese on
Whole Grain Bun

12

-Grilled Cheese w
Tomato soup w/Goldfish
-American Cold Cut w
Lettuce & Tomato

13

-Spaghetti & Meatballs w
Garlic Knot & Steam
Broccoli
-Turkey Bacon Wrap

14

-General Tso Chicken w
Brown Rice & Stir-Fried
Green Beans
-Turkey Ham & Cheese
on Whole Grain Bun

15

-Crispy Popcorn Chicken
w Whole Grain Onion
Rings
-Chicken Caesar Salad

18

-Beef Nacho w Tostito's
& Street Corn
-Turkey & Cheese on
Whole Grain Bun

19

-Pat's Pizza w Caesar
Salad
-American Cold Cut w
Lettuce & Tomato

20

-Salisbury Steak & Gravy
w Buttered Biscuit &
Roasted Red Potatoes
-Turkey Bacon Wrap

21

-Spicy or Crispy Chicken
Sandwich w Seasoned
Green Beans
-Turkey Ham & Cheese
on Whole Grain Bun

22

-Pizza Crunchers w
Marinara & Caesar Salad
-Chicken Caesar Wrap

25

-Hotdog, Corndog or
Pretzel Dog w Brown
Sugar Baked Beans
-Turkey & Cheese on
Whole Grain Bun

26

-Beef Cheese Steak Sub w
Curly Fries
-American Cold Cut w
Lettuce & Tomato

27

-Chicken & Waffles w V8
Wango Mango
-Turkey Bacon Wrap

28

-Chicken Tenders w
Roasted Zucchini & Tots
-Turkey Ham & Cheese
on Whole Grain Bun

29