

# MARCH 2025 COMMUNITY EDUCATION BUILDING

## LUNCH



**Daily Lunch Offering:** Soy Butter and Jelly, Assorted Salads, 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

-WG Mozzarella Sticks w Crispy Fries & Carrots **3**  
-Chicken Caesar Wrap  
-Apples

-Sweet Potato Fish w Corn Bread, Spirals & Carrots **10**  
-Chicken Caesar Wrap  
-Apples

-WG Pizza Calzone w Tots & Carrots **17**  
-Chicken Caesar Wrap  
-Apples

-WG Stuffed Breadsticks w Caesar Salad, Carrots & Hummus **24**  
-Chicken Caesar Wrap  
-Apples

-WG Pizza Crunchers w Spirals & Carrots **31**  
-Chicken Caesar Wrap  
-Apples

### TUESDAY

-WG Popcorn Chicken w Onion Rings, Carrots & Hummus **4**  
-American Cold Cut  
-Bananas

-Cheese Lasagna w Breadstick, Caesar Salad & Carrots **11**  
-American Cold Cut  
-Bananas

-WG Chicken Nuggets w Onion Rings, Carrots & Hummus **18**  
-American Cold Cut  
-Bananas

-Crispy Chicken Sandwich w Spirals & Carrots **25**  
-American Cold Cut  
-Bananas

### WEDNESDAY

-Chicken Nacho w Dorito, Corn & Black Beans **5**  
-Crispy Chicken Wrap  
-Pears

-Cheeseburger on WG Bun, Potato Salad, Carrots & Hummus **12**  
-Crispy Chicken Wrap  
-Pears

-Cheese Ravioli w Garlic Knot, Caesar Salad & Carrots **19**  
-Crispy Chicken Wrap  
-Pears

-Salisbury Steak w Mashed & Green Beans **26**  
-Crispy Chicken Wrap  
-Pears

### THURSDAY

-WG Fish Sandwich w Cheese, Wedges & Green Beans **6**  
-Turkey & Cheese  
-Pineapple

-Oven Fried Chicken w Garlic Knot, Mashed & Green Beans **13**  
-Turkey & Cheese  
-Cantaloupe

-Chicken & WG Waffles w Green Beans & Wango Mango **20**  
-Turkey & Cheese  
-Honeydew

-WG Chicken Tenders w Broccoli & Sweet Fries **27**  
-Turkey & Cheese  
-Mixed Fruit

### FRIDAY

-General Tso's w Brown Rice, Broccoli, Celery Sticks & Carrots **7**  
-Turkey Ham & Cheese  
-Frozen Fruit Cups

-Chicken Wings w WG Mac, Green Peas, Celery & Hummus **14**  
-Turkey Ham & Cheese  
-Frozen Fruit Cups

-Chicken Teriyaki w Brown Rice, Broccoli, Celery Stick & Hummus **21**  
-Turkey Ham & Cheese  
-Frozen Fruit Cups

-Chicken Wings w Biscuit, Collard Greens, Celery Sticks & Hummus **28**  
-Turkey Ham & Cheese  
-Frozen Fruit Cups

