

\*Milk is served with every meal  
 \*Whole Grain served daily

## Lunch Menu March 2023



| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <b>27</b><br>Pizza<br>Sliced Cucumbers<br>Sliced Strawberries   | <b>28</b><br>Pasta/Meatsauce<br>Mixed Vegetables<br>Bananas           | <b>1</b><br>Hamburgers<br>Roasted Potatoes<br>Green Salad<br>Sliced Apples | <b>2</b><br>Chicken Tacos<br>Lettuce, Tomato and Cheese<br>Sliced Pears                | <b>3</b><br>Chicken Noodle and Vegetable Soup<br>Salami Sandwich<br>Sliced Oranges       |
| <b>6</b><br>Pizza<br>Tomato and Cucumber Salad<br>Sliced Apples | <b>7</b><br>Baked Chicken<br>Roasted Potatoes<br>Broccoli<br>Bananas  | <b>8</b><br>Cesar Salad with Chicken<br>Dinner Roll<br>Mixed Berries       | <b>9</b><br>Egg Bake<br>Mixed Vegetables<br>Sliced Oranges                             | <b>10</b><br>White Chili<br>Cheese and Crackers<br>Sliced Melon                          |
| <b>13</b><br>Pizza<br>Green Beans<br>Sliced Pears               | <b>14</b><br>Beef Tacos<br>Lettuce, Tomato and Cheese<br>Sliced Melon | <b>15</b><br>Macaroni and Cheese with Ham<br>Broccoli<br>Sliced Oranges    | <b>16</b><br>Chicken Tenders<br>Roasted Potatoes<br>Green Salad<br>Bananas             | <b>17</b><br>Tomato Soup<br>Grilled Cheese Sandwich<br>Sliced Cucumbers<br>Sliced Apples |
| <b>20</b><br>Pizza<br>Broccoli<br>Sliced Melon                  | <b>21</b><br>Pork Roast<br>Mashed Potatoes<br>Corn<br>Applesauce      | <b>22</b><br>Lasagna<br>Green Salad<br>Sliced Apples                       | <b>23</b><br>Stir Fry (Peppers, Celery, Pork and Broccoli)<br>Rice<br>Mandarin Oranges | <b>24</b><br>Red Chili<br>Cheese and Crackers<br>Sliced Pears                            |
| <b>27</b><br>Pizza<br>Zucchini<br>Bananas                       | <b>28</b><br>Black Bean and Corn Enchiladas<br>Sliced Apples          | <b>29</b><br>Pasta and Meatballs<br>Green Beans<br>Sliced Pears            | <b>30</b><br>Chicken Noodle Casserole<br>Peas and Carrots<br>Sliced Oranges            | <b>31</b><br>Hamburgers<br>Baked Beans<br>Green Salad<br>Sliced Melon                    |

**Breakfast** consists of unflavored whole milk for children one year old, unflavored low-fat or fat-free milk for children older than two years old; a fruit; and one of the following whole grain cereals: Cherrios, Rice Chex, Corn Chex, Wheat Chex.

**Afternoon snack** consists of one grain, protein, or dairy product and one fruit or vegetable.

**Note:** non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs.