

MARCH 2023

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LUNCH



School Information: Type your school information here.



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



Firehouse Subs

Ham & Cheese Sub
Chips
Fruit
Cookie

1

Sax Grille

1/2 Large Hamburger
Chips
Fruit
Cookie

2

Papa John's Pizza

Cheese or Pepperoni Pizza
Salad
Fruit
Dessert

3

Tijuana Flats

Soft Beef Taco
Chips
Fruit
Dessert

6

Julie's Southern Joy

Chicken Tenders
Mashed Potatoes w/ Gravy
Corn

7

Buffalo Wings & Rings

Cheeseburger Slider
Potato Wedges
Fruit
Cookie

8

Chick-Fil-A

Chick-Fil-A Sandwich
Chips
Fresh Fruit
Dessert

9

Papa John's Pizza

Cheese or Pepperoni
Pizza
Salad
Fruit
Dessert

10

Zaxby's

Chicken Tenders
Chips
Fruit
Dessert

13

380 Peruvian Bistro

Stir-Fry Chicken & fries
White Rice
Real Banana Chips
Ketchup & Homemade Mayo

14

Firehouse Subs

Ham & Cheese Sub
Chips
Fruit
Cookie

15

Sax Grille

1/2 Large Hamburger
Chips
Fruit
Cookie

16

Papa John's Pizza

Cheese or Pepperoni
Pizza
Salad
Fruit
Dessert

17

SPRING BREAK

20

SPRING BREAK

21

SPRING BREAK

22

SPRING BREAK

23

SPRING BREAK

24

Zaxby's

Chicken Tenders
Chips
Fruit
Dessert

27

380 Peruvian Bistro

Sliced Sausage link
w/fries
White Rice
Real Banana Chips
Ketchup & Homemade Mayo

28

Firehouse Subs

Ham & Cheese Sub
Chips
Fruit
Cookie

29

Sax Grille

1/2 Large Hamburger
Chips
Fruit
Cookie

30

Papa John's Pizza

Cheese or Pepperoni
Pizza
Salad
Fruit
Dessert

31