



MARCH | 2023

Elementary Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27 Beef Teriyaki Dippers Dinner Roll Broccoli Fresh Fruit Choice of Milk	28 Grilled Cheese Tomato Soup Fresh Fruit Choice of Milk	1 Breaded Chicken Sandwich Baked Beans Fresh Fruit Choice of Milk	2 Chicken Drumsticks Biscuits Mashed Potatoes Fresh Fruit Choice of Milk	3 French Bread Pizza Celery Fresh Fruit Choice of Milk
6 Chicken Quesadilla Refried Beans Fresh Fruit Choice of Milk	7 French Toast Sticks Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	8 Bosco Sticks with Marinara Sauce Green Beans Fresh Fruit Choice of Milk	<u>National Meatball Day</u> Meatball Sub Broccoli Fresh Fruit Choice of Milk	10 Sliced Cheese Pizza Cucumbers Fresh Fruit Choice of Milk

National School Breakfast Week

Spring Break

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Protein Power: yogurt, grain, string cheese^V

Meal Prices:

Breakfast: \$2.25

Lunch: \$3.40

Adult: \$4.80

Extra Milk: \$0.50