



MARCH | 2021

LIFE Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pizza Bite Crunchers w/ Marinara Broccoli Apple Slices <u>Alt Choices</u> Chef Salad Wow Butter and Jelly Sandwich w/ grain	2 Mini Cheeseburgers Baked Beans Mandarin Oranges <u>Alt Choices</u> Wow Butter and Jelly Sandwich w/ grain	3 Rotini and Meat Sauce & Garlic Breadstick Green Beans Pineapple Tidbits <u>Alt Choices</u> Chef Salad Wow Butter and Jelly Sandwich w/ grain	4 Chicken Nuggets w/ Dipping Sauce French Fries Grapes <u>Alt Choices</u> Wow Butter and Jelly Sandwich w/ grain	5 Bosco Sticks w/ Marinara Sauce Carrots Mixed Fruit Cup <u>Alt Choices</u> Chef Salad Wow Butter and Jelly Sandwich w/ grain
8 Beef Queso Dip w/ Tortilla Chips Refried Beans Peaches <u>Alt Choices</u> Chef Salad Wow Butter and Jelly Sandwich w/ grain	9 Chicken Bites and Dutch Waffles w/ Strawberry Topping Sweet Potato Crinkle Fries Pears <u>Alt Choices</u> Wow Butter and Jelly Sandwich w/ grain	10 French Toast Sticks & Turkey Sausage Patty Hash Brown Stars Mixed Fruit <u>Alt Choices</u> Chef Salad Wow Butter and Jelly Sandwich w/ grain	11 Beef Teriyaki Dippers & Dinner Roll Broccoli Kiwi <u>Alt Choices</u> Wow Butter and Jelly Sandwich w/ grain	12 Fish Bites or Chicken Tenders Cucumbers Applesauce <u>Alt Choices</u> Chef Salad Wow Butter and Jelly Sandwich w/ grain
15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK
22 SPRING BREAK	23 SPRING BREAK	24 SPRING BREAK	25 SPRING BREAK	26 SPRING BREAK
29 Mini Corn Dogs Broccoli and Cheese Apple Slices <u>Alt Choices</u> Chef Salad Wow Butter and Jelly Sandwich w/ grain	30 Pork Rib Sandwich French Fries Mandarin Oranges <u>Alt Choices</u> Wow Butter and Jelly Sandwich w/ grain	31 Taco Stick Refried Beans Pineapple Tidbits <u>Alt Choices</u> Chef Salad Wow Butter and Jelly Sandwich w/ grain	1 Chicken Patty Sandwich Cauliflower Bites Grapes <u>Alt Choices</u> Wow Butter and Jelly Sandwich w/ grain	2 Grilled Cheese Or Hamburger Tomato Soup Mixed Fruit Cup <u>Alt Choices</u> Chef Salad Wow Butter and Jelly Sandwich w/ grain

News

March is National Nutrition Month! This year's theme is "Personalize Your Plate". Per the Academy of Nutrition and Dietetics: "There is no one-size-fits-all approach to nutrition and health. We are all unique with different bodies, goals, backgrounds and tastes!"

The USDA Waiver is still in effect!

Build a Meal

Choose 3-5 meal components to build a healthy balanced meal.

- Pick an entrée
- Pick 1-2 fruit choices
- Pick 1-2 vegetable choices
- Pick a milk choice

Meals MUST include at least 1 fruit and/or vegetable to qualify for meal pricing.

A La Carte Pricing Still Applies

Free Water Available