



Hot Lunch Coordinator:

Lorie Bourne MS,RDN, LD, CNSC
loriebourne@yahoo.com

Milk: \$0.15 Meal: \$3.00



Nutrition Tip: March is National Nutrition Month! To celebrate try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

Grilled Teriyaki Chicken
 Vegetable Lo Mein
 Mandarin oranges
 Fortune Cookie

2

Tuesday

Beef soft shell taco
 Refried pinto beans
 Brown rice
 Pineapple

3

Wednesday

Hot dog
 Steak cut French Fries
 Vegetable medley
 Apricot halves

4

Thursday

Sloppy Joe Sandwich
 Baked sweet potato fries
 Steamed green beans
 Grapes

5

Friday

Tortellini with Alfredo
 Bread Stick
 Steamed Carrots
 Fruit Cocktail

6

Baked chicken
 Wild rice
 Steamed broccoli/cauliflower
 Canned peaches

9

Chili
 Corn bread
 Carrot stick and dip
 Apple

10

Cheese burger
 Steak cut French Fries
 Roasted broccoli
 Canned pears

11

Spaghetti with meat sauce
 Parmesan Herbed garlic bread
 Yellow squash
 Canned tropical fruit

12

Little Caesar's Pizza
 3 slices Cheese pizza
 2 bread sticks
 Applesauce

Chicken strips
 Steamed Broccoli
 Potato wedges

16

Grilled chicken soft shells
 Vegetables for Fajita
 Smashed black beans
 Spanish rice
 Orange slices

17

Roast turkey
 Stuffing
 Glazed carrots
 Pineapple

18

Pulled pork
 Baked sweet potato
 Roasted vegetable medley
 Fruit cocktail

19

Macaroni and Cheese
 Bread stick
 Broccoli
 Canned peaches

20

No School

23

No School

24

No School

25

No School

26

No School

27

Little Caesar's Pizza
 3 slices Pepperoni pizza
 2 bread sticks
 Canned pears

Cheese and bean quesadillas with pico de gallo
 French fries
 Canned tropical fruit

31

