



# MARCH | 2023

## LIFE Center Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**27** Mac and Cheese  
Chicken Tenders  
Broccoli  
Fresh Fruit  
Choice of Milk

**28** Grilled Cheese  
Tomato Soup  
Fresh Fruit  
Choice of Milk

**1** French Bread Pizza  
Baked Beans  
Fresh Fruit  
Choice of Milk

**2** Popcorn Chicken  
Biscuit  
Corn  
Fresh Fruit  
Choice of Milk

**3** Breaded Chicken  
Sandwich  
Celery  
Fresh Fruit  
Choice of Milk

**6** Teriyaki Dippers  
Baked Beans  
Dinner Roll  
Fresh Fruit  
Choice of Milk

**7** French Toast Sticks  
Sausage Patty  
Sweet Potato Wedges  
Fresh Fruit  
Choice of Milk

**8** Sliced Cheese Pizza  
Cucumbers  
Fresh Fruit  
Choice of Milk

National Meatball Day  
Meatball Sub  
Broccoli  
Fresh Fruit  
Choice of Milk

**10** Bosco Sticks with  
Marinara Sauce  
Green Beans  
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:

- Peanut-Free Wowbutter and Jelly Sandwich<sup>v</sup>
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

\*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

### Meal Prices:

Breakfast: \$2.25  
Lunch: \$3.50  
Adult: \$4.80  
Extra Milk: \$0.50