

## Powers Elementary School March 2023 Lunch Menu

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MARCH IS NATIONAL NUTRITION MONTH!</p> <p>For some fun activities, go to <a href="http://www.myplate.gov/life-stages/kids">www.myplate.gov/life-stages/kids</a></p>	<p>For more information about our "Cookies" on the menu, go to <a href="http://www.educationalsnacks.us">www.educationalsnacks.us</a></p>	<p><b>1</b></p> <p><b>OHIO BECAME A STATE-1803</b></p> <p>WG Macaroni &amp; Cheese*% or Fish Sticks* Steamed Broccoli Edamame Fruit Choices Milk % States &amp; Capitals Cookies*%^</p>	<p><b>2</b></p> <p><b>Dr. Seuss' Birthday</b></p> <p>Romeo's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk % <b>PRIZE WITH LUNCH!</b></p>	<p><b>3</b></p> <p>Mozzarella Sticks*% w/marinara sauce or WG Chicken Nuggets* Celery Sticks &amp; Cauliflower w/ hummus Fruit Choices Milk %</p>
<p><b>6</b></p> <p>Hot Dog on a WG Bun* or WG Popcorn Chicken * Curly Fries Baked Beans Fruit Choices Milk %</p>	<p><b>7</b></p> <p>WG Mini Quesadillas *^ or WG Uncrustables (PB&amp;J)*! Carrot Coins Oven Baked Fries Fruit Choice Milk %</p>	<p><b>8</b></p> <p>Meatball Dunkers w/breadstick* or WG Chicken Tenders* Seasoned Green Beans Edamame Fruit Choice Milk %</p>	<p><b>9</b></p> <p>Pizza Hut Pizza *% Baby Carrots w/hummus Fruit Choices Milk %</p>	<p><b>10</b></p> <p>WG Fish Shape Nuggets* or WG Chicken Nuggets* Steamed Broccoli Dragon Punch Fruit Choices Milk % Food &amp; Nutrition Cookies*%^</p>
<p><b>13</b></p> <p>WG Cheesy Bites*% w/marinara or WG Chicken Nuggets * Seasoned Green Beans Sweet Corn Fruit Choices Milk %</p>	<p><b>14</b></p> <p>WG Chicken Patty on a bun * or WG Stuffed Crust Pizza *% Smiley Fries Carrot Coins Fruit Choices Milk%</p>	<p><b>15</b></p> <p>WG Popcorn Chicken * or WG Mini Corn Dogs* Steamed Broccoli Dragon Punch Fruit Choices Milk %</p>	<p><b>16</b></p> <p>Domino's Pizza *% "Shamrock" Crunch Salad w/chickpeas Fruit Crisp Fruit Choices Milk %</p>	<p><b>17</b></p> <p style="text-align: center;"><b>ST. PATRICK'S DAY</b></p> 
<p><b>20</b></p> <p>Sloppy Joe's on a WG Bun* or WG Macaroni &amp; Cheese*% Baked Beans Steamed Broccoli Fruit Choices Milk %</p>	<p><b>21</b></p> <p>WG Waffles*^ w/sausage links or WG Chicken Nuggets * Wango Mango Juice Hash Brown Fruit Choices Milk %</p>	<p><b>22</b></p> <p>WG Spiral Pasta Noodles* w/meatsauce or WG Chicken Tenders * Seasoned Green Beans Edamame Fruit Choices Milk%</p>	<p><b>23</b></p> <p>Romeo's Pizza *% Leafy Green Salad w/chickpeas Fruit Choices Milk % Food &amp; Nutrition Cookies*%^</p>	<p><b>24</b></p> <p>Mozzarella Sticks*% w/marinara sauce or WG Chicken Nuggets* Celery Sticks &amp; Cauliflower w/Ranch^% Fruit Choices Milk %</p>
<p><b>27</b></p> <p>Hamburger on a WG Bun * or WG Corn Dogs *%^ Baked Beans Sweet Potato Tots Fruit Choices Milk %</p>	<p><b>28</b></p> <p>Turkey and Gravy *%^ or WG Chicken Nuggets* Edamame Mashed Potatoes % Fruit Choices Milk % Food &amp; Nutrition Cookies*%^</p>	<p><b>29</b></p> <p>Beefy Cheesy Nachos% or Soft Taco*% w/ Lettuce &amp; Cheese Cups% Refried Beans Corn Fruit Choices Milk%</p>	<p><b>30</b></p> <p>Pizza Hut Pizza *% Baby Carrots w/hummus Fruit Choices Milk %</p>	<p><b>31</b></p> <p>WG Chicken Tenders* or Fish Sandwich*% Oven Baked Fries Sweet Peas Fruit Choices Milk %</p>
<p><i>Lunch price of \$3.35 includes 5 components: Protein, Grain, Fruit, Vegetable &amp; Milk. Students must choose 3-5 components, one being a fruit or vegetable.</i></p>	<p><b>ALLERGENS:</b></p> <p>* = <b>gluten</b> ^ = <b>egg</b> % = <b>dairy</b> ! = <b>peanut</b> <b>These are ONLY a guide</b></p>	<p><i>EVERY DAY WE OFFER AN ALTERNATE (MEATLESS) LUNCH THAT INCLUDES ALL 5 COMPONENTS OF A SCHOOL LUNCH</i></p>	<p>Important update: Due to manufacturer supply shortages, we may need to change the menu items without notice. We will do our best to have a similar item, but cannot guarantee it is the same as what the students usually get.</p>	<p><i>Please visit <a href="http://www.payschoolscentral.com">www.payschoolscentral.com</a> to add money to your child's account, and to complete the Free &amp; Reduced-price Application.</i></p>

This institution is an equal opportunity provider

Email Deanne Kelbley, RD, LD, SNS with any questions about the National School Breakfast & Lunch Programs:

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