

Lunch Meal Pattern - 9-12th

Select a minimum of 3 components

**meat/ meat alternative** = 2oz

--lean meat, poultry, alternative protein,  
cheese, egg, nut butter, yogurt

**Vegetable** = 1 cup

**Fruit** = 1 cup

--fruit/juice

**whole grain rich (WG) selection (s)** =  
2oz

--bread, biscuit, roll, pasta, noodle, grain

**1 milk** = 1 cup

--fluid milk

**Menu is subject to change  
without notice**



**This institution is an  
equal opportunity  
provider.**

# MARCH 2023

## Lunch Calendar

# HIGH

Mon	Tue	Wed	Thu	Fri
		1 Spaghetti w/Meat Sauce/Wg Pasta Green Beans Applesauce Cup Apple Juice/Milk	2 Meatballs Garlic Noodles Steamed Broccoli Milk/Dragon Juice Strawberry Cup	3 Cheese Pizza Cucumber Slices Chocolate Chip Cookies/Apple/ Milk/Fruit Punch
6 NO SCHOOL  	7 Breakfast Casserole w/turkey sausage Bagels Hash Browns Orange Juice Wango/Milk Banana	8 Chicken Biscuit Waffle Fries Broccoli Salad Cinnamon Apples Grape Juice Milk	9 <b>Brunch 4 Lunch</b> Mini Pancakes Popcorn Chicken Merry Cherry Apple Slices Sliced Peaches Milk	10 Cheese Pizza Carrots Garlic Hummus Funyunus Apple Apple Juice Milk
<p>National School Breakfast Week</p>				
13 Chicken Bacon Ranch Wrap French Fries Side Salad Orange Slices Milk	14 Chicken Taco Cheese/Wg Tortilla Tortilla Chips Mexican Street Corn/Pear Banana/Milk	15 Pepper Steak Brown Rice Glazed Carrots Cinnamon Apples Milk	16 Cheese Pizza Pear Apple Juice Broccoli W/Ranch Milk	17 NO SCHOOL  
20 NO SCHOOL	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL
27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL