

MARCH 2024

Caston School Corporation

LUNCH



School Information: K-5 Lunch \$3.50, 6-12 Lunch \$3.75, and Reduced \$.40.
Alternates are **ONLY** available to Jr & High School Students



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



- *This institution is an equal opportunity provider*
- *Menu is subject to change without notification*

Hot Ham & Cheese Snd, Potato Wedges, Green Beans, Fruit Cocktail, **Fresh Fruit (6-12)**, and Milk
Alternate: Pork Rib on Bun

4

Pepperoni Pizza, Celery Sticks, Cherry Tomatoes, Orange Slices, **Canned Fruit (6-12)**, and Milk
Alternate: Turkey & Cheese Sub

5

Lasagna Roll, Garlic Bread Stick w/Marinara, Peas, Apple, Chocolate Chip Cookie, **Canned Fruit (6-12)**, and Milk
Alternate: Fruit, Yogurt, & Granola Parfait

6

Taco Burger on Bun, **Tortilla Chips (6-12)**, Salsa, Leaf Lettuce, Refried Beans, Banana, **Canned Fruit (6-12)**, and Milk
Alternate: Popcorn Chicken

7

Country Fried Steak, **Roll & Jelly (6-12)**, Mashed Potatoes, Gravy, Broccoli, Pineapple, **Canned Fruit (6-12)**, and Milk
Alternate: Cheese Pizza

1

Sweet & Sour Chicken Nuggets, Seasoned Rice, Fortune Cookie, Asian Melody, Tropical Fruit, **Canned Fruit (6-12)**, and Milk
Alternate: Yogurt & Blueberry Oat Muffin Plate

11

Super Nachos, Romaine Lettuce, Lentils, Salsa, Fruit Mix, **Canned Fruit (6-12)**, and Milk
Alternate: Chicken Crispito

12

Cheese Breadstick w/Marinara Sauce, Corn, Tossed Salad, Kiwi, **Canned Fruit (6-12)**, and Milk
Alternate: Grilled Chicken Snd

13

Pulled Pork Snd, Creamy Cole Slaw, Baked Beans, Strawberries, **Canned Fruit (6-12)**, and Milk
Alternate: Hamburger on Bun

14

Rock & Roll Beef Wrap, Carrots, Broccoli, Pineapple, **Cherry Crisp (6-12)**, and Milk
Alternate: Cheese Pizza

15

Chicken Tetrizzini, Garlic Bread, Tossed Salad, Sliced Cucumbers, Baby Carrots, Apricot Halves, **Fresh Fruit (6-12)**, and Milk
Alternate: Pork Rib on Bun

18

Beef & Noodles, **Muffin (6-12)**, Mashed Potatoes, Green Beans, Grapes, **Canned Fruit (6-12)**, and Milk
Alternate: Popcorn Chicken

19

Baked Chicken Drumstick, Savory Rice, Roll, Broccoli, Cherry Tomatoes, Mango Chunks, **Canned Fruit (6-12)**, and Milk
Alternate: Fruit, Yogurt, & Granola Parfait

20

Hamburger on Bun, Leaf Lettuce, Tomato Slice, Oven Fries, Red Bell Peppers, Orange Slices, **Canned Fruit (6-12)**, and Milk
Alternate: Turkey & Cheese Sub

21

Peanut Butter & Jelly Snd, Roasted Red Potatoes, Edamame, Apple, **Canned Fruit (6-12)**, and Milk
Alternate: Sloppy Joe Snd

22

Spring Break

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Spring Break

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Spring Break

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Spring Break

28

Spring Break

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