

MARCH 2024

HBEC, REC & TVEC

LUNCH



Milk is always available with every meal.



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.

Menu items may change due to availability

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chicken Tenders
BBQ Pulled Pork on Kaiser
French Fries
Honey Glazed Carrots
Fruit Cocktail

4

Pizza Dippers w. Marinara
Cheese Steak
Sun Chips
Green Beans
Peach Cup
Fruit Roll-Up

5

Hot Dog
Turkey BLT Cheddar Wrap
Mac & Cheese
Peas
Fruit cup

6

National Cereal Day
Pancakes & Sausage
Ham & Cheese Pretzel Bun
Hash Brown Patty
Gogurt
Fresh Cut Fruit

7

Mickey's Pizza
Mini Ravioli w. Meatballs
Fish Sandwich
Bread Stick, Tossed Salad
Diced Peaches
Ice Cream Cup

1

Chicken Nuggets w. Roll
Turkey & Cheese Sandwich
French Fries
Carrot Snack Pack w. Dip
Apple Sauce Cup

11

Taco Bar
Chicken Quesadilla
Chips & Salsa
Roasted Corn
Pineapple Tidbits
Churro's

12

Cheeseburger
Chicken, Bacon, Ranch Wrap
Chips
Tossed Salad
Juice Box

13

French Toast & Sausage
Ham & Cheese Croissant
Hash Brown Patty
Gogurt
Baked Apples

14

St. Patty's Pepperoni Pizza
Chicken Sliders w. Shamrock
Sauce
Fish Nuggets
Leprechaun Lettuce
Fresh Fruit Selection
Mint Cho. Chip Ice Cream

15

Chicken Tenders
Pulled Pork Sliders
French Fries
Honey Glazed Carrots
Fruit Cocktail

18

Pizza Dippers w. Marinara
Cheese Steak
Sun Chips
Green Beans
Peach Cup
Fruit Roll Up

19

Hot Dog
Grilled Cheese
Tomato Soup
Broccoli
Fruit Cup
Gold Fish Crackers

20

Pancakes & Sausage Patty
Ham & Cheese Pretzel Bun
Hash Brown Patty
Juice Box
Mini Strawberry Parfait

21

Plain or Pepperoni Pizza
Fish Taco
Garlic Knot
Caesar Salad
Assorted Fruit
Ice Cream

22

Chicken Nuggets w. Roll
Cheese Burger
French Fries
Carrot Snack Pack w. Dip
Apple Sauce Cup

25

**EARLY
DISMISSAL**

26

**NO
SCHOOL**

27

**NO
SCHOOL**

28

**NO
SCHOOL**

29