



MARCH | 2024

LIFE Center Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Alfredo Pasta Breadstick Broccoli Fresh Fruit Choice of Milk	27 Arroz con Pollo Carrots Fresh Fruit Choice of Milk	<u>National Pancake Day!</u> Pancake Cheese Omelet Hash Browns Fresh Fruit Choice of Milk	28 Chicken Nuggets Baked Beans Fresh Fruit Choice of Milk	1 Teriyaki Dippers Roll Green Beans Fresh Fruit Choice of Milk
4 Chicken Fries Mac and Cheese Baked Beans Fresh Fruit Choice of Milk	5 Beef and Cheese Dip with Tortilla Chips Refried Beans Fresh Fruit Choice of Milk	6 Pizza Slices Broccoli Fresh Fruit Choice of Milk	7 French Toast Sausage Patty Sweet Potato Wedges Fresh Fruit Choice of Milk	8 Spicy or Breaded Chicken Sandwich Corn Fresh Fruit Choice of Milk
National School Breakfast Week!				
Spring Break!				
25 Teriyaki Dippers Dinner Roll Green Beans Fresh Fruit Choice of Milk	26 Soft Tacos Refried Beans Fresh Fruit Choice of Milk	27 Bosco Sticks Marinara Sauce Carrots Fresh Fruit Choice of Milk	28 Chicken and Waffles Strawberry Sauce Broccoli Fresh Fruit Choice of Milk	29 Hamburger/ Cheeseburger Potato Smiles Fresh Fruit Choice of Milk

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^V
- 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: \$3.60
 Adult: \$4.80
 Extra Milk: \$0.50