



MARCH 2023

On The Salad Bar	Monday	Tuesday	Wednesday	Thursday	Friday
Week 28 Chef Salad Ham Tomatoes Cucumbers Cheese Carrots			<b>1</b> <b>Breakfast:</b> Tropical Smoothie w/ Granola, Skim Milk  <b>Lunch:</b> Macaroni & Cheese, Broccoli, Apples, Skim or Chocolate Milk	<b>2</b> <b>Breakfast:</b> Scrambled Eggs, WW Toast, Apple Juice, Skim Milk  <b>Lunch:</b> Hot Ham & Cheese Sandwich, Green Beans, Pears, Skim or Chocolate Milk	<b>3</b> <b>Breakfast:</b> Yogurt Parfait w/ Granola, Skim Milk  <b>Lunch:</b> Cheese Pizza, Carrots, Oranges, Skim or Chocolate Milk
Week 29 Grilled Chicken Salad Tomatoes Cucumbers Cheese Carrots Boiled Eggs	<b>6</b> <b>Breakfast:</b> Waffles, Blueberries, Skim Milk  <b>Lunch:</b> Turkey and Cheese Wrap, Carrots, Apples, Skim or Chocolate Milk	<b>7</b> <b>Breakfast:</b> Strawberry Banana Smoothie W/ Granola, Skim Milk  <b>Lunch:</b> Beefy Cheese Nachos, Corn, Pears, Skim or Chocolate Milk	<b>8</b> <b>Breakfast:</b> English Muffins, Bananas, Skim Milk  <b>Lunch:</b> Chicken Alfredo w/ Broccoli, Oranges, Skim or Chocolate Milk	<b>9 National Meatball Day</b> <b>Breakfast:</b> Scrambled Eggs, WW Toast, Apple Juice, Skim Milk  <b>Lunch:</b> Meatball Sub, Green Beans, Apples, Skim or Chocolate Milk	<b>10</b> <b>Breakfast:</b> Yogurt Parfait w/ Granola, Skim Milk  <b>Lunch:</b> Pepperoni Pizza, Cauliflower, Mandarin oranges, Skim or Chocolate Milk
Week 30 Chef Salad Turkey Tomatoes Cucumbers Cheese Carrots	<b>13</b> <b>Breakfast:</b> Oatmeal, Berries, Skim Milk <b>Lunch:</b> Tomato Soup, Grilled Cheese, Applesauce, Skim or Chocolate Milk	<b>14</b> <b>Breakfast:</b> Pancakes, Bananas, Skim Milk <b>Lunch:</b> Chicken Fajitas, Bell Peppers, Peaches, Skim or Chocolate Milk	<b>15</b> <b>Breakfast:</b> Bagels w/ Cream Cheese, Bananas, Skim Milk <b>Lunch:</b> Ham & Turkey Sub, Carrots & Celery, Apples, Skim or Chocolate Milk	<b>16</b> <b>Breakfast:</b> Blueberry Sunshine Smoothies, Granola, Skim Milk <b>Lunch:</b> Sloppy Joes, Honey Carrots, Mandarin Oranges, Skim or Chocolate Milk	<b>17</b> <b>Breakfast:</b> Yogurt Parfait w/ Granola, Skim Milk <b>Lunch:</b> Cheese Pizza Bagels, Broccoli, Pears, Skim or Chocolate Milk
Week 31 Taco Salad Salsa Tomatoes Cucumbers Cheese Carrots	<b>20</b>  <b>NO SCHOOL</b>	<b>21</b> <b>Breakfast:</b> Waffles, Blueberries, Skim Milk  <b>Lunch:</b> Crunchy Beef Tacos, Carrots/Celery & Dip, Pears, Skim or Chocolate Milk	<b>22</b> <b>Breakfast:</b> Strawberry and Banana Smoothie, Granola, Skim Milk <b>Lunch:</b> Chicken Philly Cheese Sub, Tater Tots, Apples, Skim or Chocolate Milk	<b>23</b> <b>Breakfast:</b> Oatmeal, Berries, Skim Milk <b>Lunch:</b> Macaroni & Cheese, Broccoli, Oranges, Skim or chocolate Milk	<b>24</b> <b>Breakfast:</b> Yogurt Parfait w/ Granola, Skim Milk <b>Lunch:</b> Cheese Pizza, Side Salad, Applesauce, Skim or Chocolate Milk
Week 32 Chef Salad Ham Tomatoes Cucumbers Cheese Carrots Boiled Eggs	<b>27</b> <b>Breakfast:</b> Oatmeal, Bananas, Skim Milk <b>Lunch:</b> Chicken Nuggets, Applesauce, Sweet Potato FF, Skim or Chocolate Milk	<b>28</b> <b>Breakfast:</b> Scrambled Eggs, WW Toast, Berries, Skim Milk <b>Lunch:</b> Soft Chicken Tacos, Corn, Mandarin Oranges, Skim Or Chocolate Milk	<b>29</b> <b>Breakfast:</b> Bagels w/ Cream Cheese, Bananas, Skim or Chocolate Milk <b>Lunch:</b> Spaghetti & Meatballs, Green Beans, Pears, Skim or Chocolate Milk	<b>30</b> <b>Breakfast:</b> Pancakes, Bananas, Skim Milk <b>Lunch:</b> French Toast Sticks, Breakfast Sausage, Oranges, Skim or Chocolate Milk	<b>31</b> <b>Breakfast:</b> Yogurt Parfait w/ Granola, Skim Milk <b>Lunch:</b> Pepperoni Pizza, Broccoli, Apples, Skim or Chocolate Milk