

**Meals are Available to ALL STUDENTS at no charge!**

Sandwich of the day, fresh fruit & veggies and water are offered daily!

This institution is an equal opportunity provider.

Why fit in when you were born to stand out?  
Dr. Seuss



**Nutrition Tip:** March is National Nutrition Month! To celebrate try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

### Monday

Sub Bar  
Baked chips  
Fresh Veggies/Dip  
Fruit Variety (LG)  
Assorted Milk

2

### Tuesday

Salisbury Steak & Gravy  
Creamy Potatoes  
Black-eyed Peas / Warm Rolls  
Fruit Variety (LG)  
Assorted Milk

3

### Wednesday

Pepperoni Pizza  
Mixed Vegetables  
Fresh Veggies and Dip (LG)  
Fruit Variety (LG)  
Assorted Milk

4

### Thursday

Chicken Bowl  
Black Beans  
Whole Corn  
Salsa / Jalapeño  
Fruit Variety (LG)  
Assorted Milk

5

### Friday

Barbecue Sandwich  
Ranch Fries  
California Medley  
Fruit Variety (LG)  
Assorted Milk

6

Baked Spaghetti  
Green Beans  
Caesar Salad  
Buttery Rolls  
Fruit Variety (LG)  
Assorted Milk

9

Hamburgers Deluxe  
Lettuce/Tom/Pickle  
Tater Tots  
Fresh Veggies w/ dip  
Fruit Variety (LG)  
Assorted Milk

10

Chicken Sandwich  
Potato Wedges  
Sweet Corn  
Fruit Variety (LG)  
Assorted Milk

11

Chicken Fingers  
Mac N Cheese  
Sweet Peas and Carrots  
Fruit Variety (LG)  
Assorted Milk

12

Corn Dogs  
Baked Beans  
Coleslaw  
Fruit Variety (LG)  
Assorted Milk

13

Sub Bar  
Fresh Toppings  
Baked chips  
Fresh Veggies/Dip  
Fruit Variety (LG)  
Assorted Milk

16

Salisbury Steak & Gravy  
Creamy Potatoes  
Black-eyed Peas / Warm Rolls  
Fruit Variety (LG)  
Assorted Milk

17

Pepperoni Pizza  
Mixed Vegetables  
Fresh Veggies and Dip (LG)  
Fruit Variety (LG)  
Assorted Milk

18

Chicken Bowl  
Black Beans  
Whole Corn  
Salsa / Jalapeño  
Fruit Variety (LG)  
Assorted Milk

19

Barbecue Sandwich  
Ranch Fries  
California Medley  
Fruit Variety (LG)  
Assorted Milk

20

Baked Spaghetti  
Green Beans  
Caesar Salad  
Buttery Rolls  
Fruit Variety (LG)  
Assorted Milk

23

Hamburgers Deluxe  
Lettuce/Tom/Pickle  
Tater Tots  
Fresh Veggies w/ dip  
Fruit Variety (LG)  
Assorted Milk

24

Chicken Sandwich  
Potato Wedges  
Sweet Corn  
Fruit Variety (LG)  
Assorted Milk

25

Chicken Fingers  
Mac N Cheese  
Sweet Peas and Carrots  
Fruit Variety (LG)  
Assorted Milk

26

**L.O.T.G.  
LUNCH ON THE GO**

27

**SPRING BREAK**

**March 30 – April 3**

