

# MARCH 2023

## LUNCH



### St. Peter School

Milk choice of 1% chocolate or white



**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



Chicken quesadillas  
Salsa  
Corn  
Fruit

Hamburger on bun  
Baked chips  
Dragon punch  
Carrots  
Fruit

No School

No School

No School

No School

No School

No School

Hot dog  
Fries  
Green beans  
Fruit

Meatballs  
Bosco cheese stick  
Fresh broccoli  
Veggie juice  
Fruit

Pepperoni pizza  
Mixed vegetables  
Yogurt  
Fruit  
Salad

Tenderloin on bun  
Baked beans  
Chips  
Fruit

French bread pizza  
Marinara  
Peas  
Fruit

Hamburger/bun  
Baked beans  
Chips  
Fruit

Chicken nuggets  
Tri tators  
Corn  
Fruit

Sausage pizza  
Romaine salad  
Yogurt  
Fruit

Corn dog  
Fries  
Mixed vegetables  
Fruit

Toasted ravioli  
Marinara  
Green beans  
Fruit

Chicken patty on bun  
Fries  
Green beans  
Fruit

Beef nachos  
Corn  
Black beans  
Fruit

Sausage/egg/cheese  
Biscuit  
Tri tators  
Carrots  
Fruit

BBQ rib on bun  
Chips  
Mixed vegetables  
Fruit

Fish shapes  
Mac & cheese  
Peas  
Fruit