

March is National Nutrition Month



Nativity of Mary School
Lunch Menu
 🍀 **March 2021** 🍀

HEALTHY EATING

MONDAY

1

Mini Pancakes with Turkey Sausage

French Fries
 Applesauce Cup
 Milk

TUESDAY

Dr. Seuss Birthday

Poodles Noodles
 (Spiral Pasta with Alfredo Sauce)
Chicken Strips
Mr. Knox Garlic Knot
Seuss Salad
Who Fruit
Mayzie Milk
Red Fish Cookie

WEDNESDAY

3

Chicken Nuggets w/Dip & Dinner Roll

Green Beans
 Fruit Cup
 Milk

THURSDAY

4

"Hot Diggity" Hot Dog on a Bun with Chips

Vegetarian Beans
 Mixed Fruit Cup
 Milk

FRIDAY

5

American Cheese Sandwich

Tomato Soup
 Diced Pears
 Milk

8

Chicken Patty on a Bun

Carrot Bites
 Mixed Fruit Cup
 Milk

National Meatball Day 9

Beef Meatball Submarine with Melted Mozzarella

Corn Niblets
 Applesauce
 Milk

10

Chicken Corn Dog w/Honey Mustard Dip

French Fries
 Chilled Fruit Cup
 Milk

11

Cheeseburger on a Bun with Chips

Veggie Beans
 Peaches
 Milk

12

Professional Development Day No School

15

Egg, Cheese & Turkey Sausage on a Bun

Hash Brown
 Diced Peaches
 Milk

16

Taco in a Bag with Taco Meat, Cheese & Rice

Corn Niblets
 Diced Pears
 Milk

17

Sliced Turkey & Cheese on a Pretzel Bun
 Carrot Sticks
 Fruit Cup
 Milk

Shamrock Jello

18

Cheese & Pepperoni Pizza Slice

Green Beans
 Peach Cup
 Milk

SPRING FEVER

Chopped Salad with Cheddar Cheese & Biscuit
 Black Beans
 Fruit Cup
 Milk

22

Chicken Nuggets with Dip & Dinner Roll

Carrots
 Applesauce Cup
 Milk

23

Bacon Cheeseburger on a Bun

Veggie Beans
 Fruit Cup
 Milk

24

Mini Confetti Pancakes with Turkey Sausage

Oven Fries
 Peach Cup
 Milk

25

Chicken & Cheese Quesadilla

Corn Niblets
 Fruit Cup
 Milk

26

Mozzarella Cheese Pizza Sticks with Dip

Green Beans
 Fruit Cup
 Milk

29

Taco in a Bag with Taco Meat, Cheese & Rice

Corn
 Diced Peaches
 Milk

30

Chicken Patty on a Bun

Oven Fries
 Fruit Cup
 Milk

31

Spaghetti & Beef Meatballs with Garlic Bread

Veggie Bites
 Petite Banana
 Milk

Read Across America Day March 2

Dr. Seuss

Milk Variety Includes:
1% White, FF Chocolate, FF White



Nutrition Tip: 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.