# **March is National Nutrition Month**







## **MONDAY**

#### **TUESDAY**

#### **WEDNESDAY**

#### **THURSDAY**

### **FRIDAY**

**Dr. Seuss Birthday** 

**Chicken Nuggets** w/Dip & Dinner Roll

**Green Beans** 

Fruit Cup

Milk

Hot Dog on a Bun with Chips

"Hot Diggity"

Vegetarian Beans Mixed Fruit Cup Milk

**American Cheese Sandwich**  5

**Tomato Soup Diced Pears** Milk

**Mini Pancakes** with Turkey Sausage

> French Fries **Applesauce Cup** Milk

Poodles Noodles al Pasta with Alfredo Sauce Chicken Strips Mr. Knox Garlic Knot

> Seuss Salad Who Fruit Mayzie Milk Red Fish Cookie

> > 10 **Chicken Corn Dog** w/Honey Mustard Dip

> > > French Fries Chilled Fruit Cup Milk

& Cheese on a

**Pretzel Bun** 

**Carrot Sticks** 

Fruit Cup

Milk

Shamrock Jello

11 Cheeseburger on a Bun with Chips

Veggie Beans Peaches Milk



**Chicken Patty** on a Bun

8

Carrot Bites Mixed Fruit Cup Milk

National Meatball Day 9 **Beef Meatball** Submarine with **Melted Mozzarella** 

> **Corn Niblets** Applesauce Milk

Pizza Slice

18



Egg, Cheese & Turkey Sausage on a Bun

> Hash Brown **Diced Peaches** Milk

Taco in a Bag with Taco Meat, Cheese & Rice

16

**Corn Niblets Diced Pears** Milk

17 Sliced Turkey

Cheese & Pepperoni

Green Beans Peach 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

**Chicken Patty** 

30

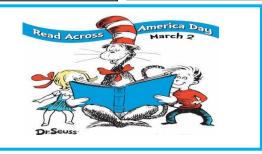
Oven Fries Fruit Cup Milk

on a Bun

Spaghetti & Beef Meatballs with Garlic Bread

31

Veggie Bites Petite Banana Milk



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.