



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

WG Corn Dog 1 ea.
Smile Fries 4 oz
Baked Beans 4 oz
Fruit 4 oz
Milk 8 Fl oz

TUESDAY

WG Popcorn Chicken 3 oz
Mashed Potato/gravy 4 oz
WG Dinner Roll 1 ea.
Steamed Corn 4 oz
Fruit, Milk 4 oz, 8 Fl

WEDNESDAY

BBQ Meatballs 3 oz
Steamed Carrots 4 oz
WG Dinner Roll 1 ea.
Fruit 4 oz
Milk 8 Fl oz

THURSDAY

Cheese Pizza 1 ea.
Romain Salad 3/4c
Green Peas 4oz
Fruit 4 oz
Milk 8 Fl oz

FRIDAY

WG Chicken Patty 1 Ea.
WG Bun 1 Ea.
Brown Rice 4 oz
Green Beans 4 oz
Fruit, Milk 4oz, 8 Fl oz

Cheeseburger on a WG Bun 3 oz, 1 ea.
Tater Tot 4 oz
Baked Beans 4 oz
Fruit, Milk 4 oz, 8 Fl oz

WG Orange Chicken 3 oz
Brown Rice 4 oz
California Blend 4 oz
Fruit 4 oz
Milk 8 Fl oz

WG Grilled Cheese 1 ea.
Tomato Soup 4 oz
Steamed Peas 4 oz
Fruit 4 oz
Milk 8 Fl oz

* Pulled Pork 3 oz
WG Bun 1 ea.
Potato Chips 1 oz
Fruit 4 oz
Milk 8 Fl oz

WG Italian Dunkers 1 ea.
Marinara Sauce 2 oz
Baby Carrots 4 oz
Fruit 4 oz
Milk 8 Fl oz

Beef Hot Dog 1 ea.
WG Bun 1 ea.
Smile Fries 4 oz
Baked Bean 4 oz
Fruit, Milk 4 oz, 8 Fl oz

Chicken Alfredo 4 oz
WG Pasta 3/4c
WG Garlic Bread 1 ea.
Steamed Broccoli 4 oz
Fruit, Milk 4 oz, 8 Fl oz

Walking Taco 2 oz, 1 oz
W/ Fixings 1 oz, 2 oz
Refried Beans 4 oz
Fruit, Milk 4 oz, 8 Fl oz

WG Cheese Pizza 1 ea.
Romain Salad 3/4c
Fruit 4 oz
Milk 8 Fl oz

WG Mini Corn Dogs 3 oz
Baby Carrots 4 oz
Chips, Cookie 1oz, 1oz
Milk 8 Fl oz

Fresh Vegetables Available Daily

WG = Whole Grain 1 percent milk Provided Daily.

Spring Break

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Spring Break

WG Corn Dog 1 ea.
Smile Fries 4 oz
Baked Bean 4 oz
Fruit 4 oz
Milk 8 Fl oz

WG Chicken Nuggets 3oz
Mashed Potato/gravy 4 oz
WG Dinner Roll 1ea.
Steamed Corn 4 oz
Fruit, Milk 4 oz, 8 Fl oz



ST. John's Lutheran School

*This institution is an equal opportunity provider.

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