

MARCH 2023

ST. John's Lutheran School

LUNCH



School Information:
Always Available Sun Butter Sandwich



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.

***This Institution is an equal opportunity provider.**

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Mardi Gras Festival 1
Walking Taco w/Fixings
Black Beans
Fruit, Milk

Orange Chicken 2
Brown Rice
Peas & Carrots
Fruit, Milk

Cheese Pizza 3
Salad w/Ranch Dressing
Chef Choice Vegetables
Fruit, Milk

Chicken Alfredo 6
Breadstick
Steamed Broccoli
Fruit, Milk

Italian Dunkers 7
Marinara Sauce
Steamed Green Beans
Fruit, Milk

Chicken Nuggets 8
Mashed Potatoes
w/Gravy
Steamed Corn
Fruit, Milk

Mini Corn Dogs 9
Tots
Steamed Carrots
Fruit, Milk

Cheese Pizza 10
Salad w/ Ranch
Chef Choice Vegetable
Fruit, Milk

NO 13
SCHOOL

NO 14
SCHOOL

NO 15
SCHOOL

NO 16
SCHOOL

St. Patrick's Day
NO 17
SCHOOL

Hot Dog w/WG Bun 20
Tots
Baked Beans
Fruit, Milk

Beefy Nachos 21
Salsa
Refried Beans
Fruit, Milk

Mac & Cheese 22
Breadstick
Steamed Carrots
Fruit, Milk

Chicken Patty 23
w/WG Bun
Tots
Steamed Corn
Fruit, Milk

Cheese Pizza 24
Salad w/Ranch
Chef Choice Vegetable
Fruit, Milk

Cheeseburger 27
w/WG Bun
Tots
Steamed Carrots
Fruit, Milk

Chicken Nuggets 28
Mashed Potatoes
w/Gravy
Steamed Corn
Fruit, Milk

Spaghetti w/Meat 29
Sauce
Breadstick
Salad
Fruit, Milk

Italian Dunkers 30
Marinara Sauce
Steamed Green Beans
Fruit, Milk

Cheese Pizza 31
Salad w/Ranch
Chef Choice Vegetables
Fruit, Milk