

# MARCH 2023

# Christ the King School

# LUNCH



**Lunch 3.60 with milk**  
**2nds (7&8) \$1.65-\$2.00**  
**Milk/Water .50 Juice .40**  
**Cinnamon roll .65 Cookie .50**



**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



Chili  
 Cheese cup/Cracker  
 Carrot and celery  
 Grapes  
 Cinnamon roll

Pulled pork/bun  
 Mac and cheese  
 Green beans  
 Pears

Cheese pizza  
 Romaine salad  
 Zucchini  
 Applesauce

Walking taco salad  
 Corn  
 Pears

Hot dog/chili dog bun  
 Tots  
 Baked beans  
 Apple slices

Orange chicken  
 Rice  
 Broccoli  
 Pineapple  
 Cookie

Breaded chicken patty  
 Fries  
 Peas & carrots  
 banana

French toast  
 Eggs  
 Hashbrown patty  
 Peaches

Chicken nugget  
 Mashed potato w/gravy  
 Celery/carrots  
 Mixed fruit

Pony shoe  
 Baked beans  
 Corn  
 Pears

Mini corndogs  
 Fries  
 Cucumber/tomato salad  
 Grapes  
 Cookie

Pancake  
 Turkey sausage  
 Hash brown patty  
 Orange

Pasta w/sauce  
 Breadstick  
 Green beans  
 Applesauce

Sub sandwich  
 Sunchips  
 Green beans  
 pears

Mexican casserole  
 w/Spanish rice  
 lettuce cup  
 peas  
 banana

Meatball sub  
 Pasta salad  
 Zucchini  
 Peaches  
 Cookie

Grilled Chicken Sandwich  
 Swt Potato Fries  
 Celery  
 Applesauce

Cheese filled breadstick  
 Marinara  
 Romaine salad  
 Grapes

Orange chicken  
 Rice  
 Broccoli  
 Pineapple

Nachos  
 Meat cup  
 Cowboy caviar  
 Orange

Chicken & rice soup  
 Crackers  
 Carrots & Celery  
 Applesauce  
 Cookie

Lasagna  
 Breadstick  
 Romaine salad  
 Corn  
 Mixed fruit

11:15 Dismissal