






MARCH 2022-2023

K-8 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		Cheese Pizza ¹ Tuna Salad Sandwich Seasoned Peas, Cucumber Tomato Salad, Mixed Berry Applesauce, Mandarin Oranges	Pork Carnitas ² Pizza Burger Black Beans with Plantains and Rice, Celery Sticks, Applesauce, Orange Juice	Chicken and Waffles ³ Chef salad w/Dinner Roll Seasoned Corn, Fresh Zucchini Slices, Diced Peaches, Raisins	Special News... COVID-19 Tips....   
Chicken Nuggets w/Dinner Roll ⁶ Egg Salad Sandwich Sweet Potato Fries, Fresh Tomato Wedges, Applesauce, Banana	Chili Mac and Cheese ⁷ Crispy Chicken Sandwich Potato Emoticons, Red Pepper Strips, Diced Pears, Apple Juice	Pepperoni Pizza ⁸ Buffalo Chicken Crunch Warp French Fries, Steamed Broccoli, Pineapple Tidbits	Peruvian Chicken Bowl ⁹ Bacon Cheeseburger Seasoned Corn, Fresh Baby Carrots, Mixed Fruit, Fruit Juice	Sausage Egg and Cheese Muffin ¹⁰ All American Cob Salad w/ Dinner Roll Southwest Seasoned Potatoes, Celery Sticks Diced Pears, Apple Slices	
Beef & Cheese Nachos w/Dinner Roll ¹³ Ball Park Hot Dog Tater Tots, Fresh Baby Carrots, Mixed Fruit, Whole Orange	Beef Ravioli ¹⁴ BBQ Pulled Pork Sandwich Seasoned Green Beans, Grape Tomatoes, Diced Pears, Apple Juice	Cheese Pizza ¹⁵ Turkey & cheese Sandwich Fresh Zucchini Slices, Potato Salad, Applesauce, Mandarin Oranges	Chicken and Cheese Enchiladas ¹⁶ Cheeseburger Campfire Pinto Beans, Fresh Celery Sticks, Mixed Fruit, Whole Orange	Happy St. Patrick's Day ¹⁷	
Meatloaf w/Gravy ²⁰ Chicken Salad Sandwich Mashed Potatoes, Fresh Baby Carrots, Applesauce, Banana	Penne Alfredo w/ Chicken ²¹ Corn Dog Crinkle Cut Fries, Red Pepper Strips, Diced Peaches, Apple Juice	Sausage Pizza ²² Ham Salad Sandwich Steamed Broccoli, Fresh Yellow Squash Slices, Pineapple Tidbits, Apple Slices	Walking Tacos ²³ Grilled Ham and Cheese BBQ Baked Beans, Fresh Cauliflower, Mixed Fruit, Fruit Juice	Breakfast Casserole ²⁴ Chicken Caesar Salad w/ Bread Stick Potato Emoticons. Fresh Cucumber, Diced Pears, Raisins	
Honey Stung Popcorn Chicken w/Dinner Roll ²⁷ Fish Sandwich Seasoned Carrots, Creamy Coleslaw, Applesauce, Orange Juice	Chicken and Noodles ²⁸ Hamburger Seasoned Spinach, Green Pepper Strips, Diced Pears, Apple Juice	Cheese Pizza ²⁹ Chicken Quesadilla Seasoned Green Peas, Grape Tomatoes, Mandarin Oranges, Mixed Berry Applesauce	Turkey and Beef Spanish Rice ³⁰ Chicken Tenders Waffle Fries, Seasoned Corn, Applesauce, Orange Juice	Pancakes w/ Turkey Sausage ³¹ Tuna Salad Platter w/ Crackers Tater Tots, Fresh Tomato Wedges, Diced Peaches, Apple Slices	

All menus are subject to change

Brand or Equivalent Foods

Five food groups are offered at lunch:
 protein, grain, vegetable, fruit, and milk.
 To make a meal, students must select foods from
 at least 3 different food groups.
 At least one item must be a ½ cup fruit or ½ cup vegetable.
 Meals without a fruit or vegetable will be charged a la carte pricing.



Milk offered daily

1% white, skim flavored,
 lactaid