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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



Meat Sauce and Pasta
Mixed Veggies
Assorted Fruit and Juice

1

Pizza
Garden Salad
Baby Carrots
Assorted Fruit and Milk

2

Grilled Cheese
Roasted Broccoli
Assorted Fruit and Milk

3

Hotdog on WG Bun
Baked Beans
Sweet Potato Fries
Assorted Fruit and Milk

6

Grilled Chicken Parm
w/ Pasta
(DF option available)
Broccoli
Assorted Fruit and Milk

7

Turkey Tacos
Spanish Rice
Seasoned Corn
Assorted Fruit and Milk

8

Pizza
Garden Salad
Baby Carrots
Assorted Fruit and Milk

9

No School.

10

Crispy Chicken Patty
Sandwich
Sweet Potato Fries
Mixed Veggies
Assorted Fruit and Milk

13

Pizza Burger
(Dairy free option available)
Broccoli
Assorted Fruit and Milk

14

Chicken Pot Pie w/
Noodles
Mashed Potatoes
Assorted Fruit and Milk

15

Pizza
Garden Salad
Baby Carrots
Assorted Fruit and Milk

16

St. Patrick's Day
Italian Grilled Cheese
Mozzarella and Tomato
Oven Golden Fries
Assorted Fruit and Milk

17

BBQ Chicken w/
Cornbread
Baked Beans
Assorted Fruit and Milk

20

Sloppy Joe Sandwich
Oven Baked Fries
Pizza Green Beans
Assorted Fruit and Milk

21

Chicken Nuggets
w/ Mac Salad
Carrots, Peas, and Corn
Assorted Fruit and Milk

22

Pizza
Garden Salad
Baby Carrots
Assorted Fruit and Milk

23

Mac and Cheese
Roasted Cauliflower
Assorted Fruit and Milk

24

BBQ Pulled Pork
Sandwich
Glazed Carrots
Assorted Fruit and

27

Meat Sauce and Pasta
Italian Veggies
Assorted Fruit and Milk

28

Chicken Caesar Wrap
w/ Mac Salad
Hummus and Veggie Sticks
Assorted Fruit and Milk

29

Pizza
Garden Salad
Baby Carrots
Assorted Fruit and Milk

30

Grilled Cheese
Sandwich
Mixed Veggies
Oven Baked Fries
Assorted Fruit and Milk

31