

# MARCH 2023

## Salt Point Center

### LUNCH



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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

\*Menu is subjected to change.