

MARCH 2024

Edinboro & McKean Elementary

LUNCH



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



Grilled Cheese
Tomato Soup
Tater Tots
Applesauce
Milk

4

Walking Taco
Corn
Sliced Apples
Fruit Juice
Milk

5

Chicken Nuggets
Corn
Dinner Roll
Baked Apple Slices
Milk

6

Waffles
Tater Tots
Cooked Carrots
Pears
Fruit Juice & Milk

7

Pizza
Green Beans
Tossed Salad
Fruit Juice & Milk

1

Pizza
Green Beans
Apple Sauce
Milk

8

Chefs Choice Soup
Diced Carrots
Soft Pretzel w/Cheese
Apple Sauce
Milk

11

Cheese Calzone
Cooked Cauliflower
Pears
Cookie
Fruit Juice & Milk

12

Pancakes & Sausage
Tater Tots
Side Salad
Side Kicks Fruit Cup
Milk

13

Pizza
Green Beans
Tossed Salad
Fruit Juice & Milk

14

Chicken Fritter
Sandwich
Buttered Peas
Apple Slices
Milk

15

Corn Dogs
Carrots
French Fries
Mixed Fruit
Milk

18

Pizza
California Blend
Milk
Side Kicks Fruit Cups

19

Chicken Taco Salad
Corn
Churro
Fruit Juice & Milk

20

Mac & Cheese
Side Salad
Pears
Fruit Juice & Milk

21

Breaded Cheese Stick
w/ Marinara Sauce
Seasoned Vegetables
Fruit
Milk

22

Hot Dog
Mixed Vegetables
Baked Beans
Fruit
Milk

25

Cheeseburger
Fries
Fruit Juice
Milk

26

French Toast Sticks
Sausage
Roasted Potatoes
Orange Slices
Milk

27

Chicken Tenders
Dinner Roll
Cooked Carrots
Fruit Juice
Milk

28

**SPRING
BREAK**

29