

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

4

Grilled Cheese
Tomato Soup
Tater Tots
Side Kicks Fruit Cups
Milk

5

Walking Taco
Corn
Baked Apples
Fruit Juice & Milk

6

Chicken Nuggets
Mixed Veggies
Dinner Roll
Peaches
Milk

7

Waffles & Bacon
Tater Tots
Cooked Carrots
Fresh Fruit
Fruit Juice & Milk

8

Pizza
Green Beans
Pineapple
Milk

11

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

12

Cheese Calzone
Cooked Cauliflower
Pears
Cookie
Fruit Juice & Milk

13

Pancakes & Sausage
Tater Tots
Fresh Fruit
Milk

14

Pizza
Green Beans
Tossed Salad
Fruit Juice & Milk

15

Chicken Fritter
Sandwich
Buttered Peas
Apple Slices
Milk

18

Corn Dogs
Carrots
French Fries
Mixed Fruit
Milk

19

Pizza
California Blend
Peaches
Fruit Juice & Milk

20

Chicken Taco Salad
Corn
Churro
Milk

21

Mac & Cheese
Side Salad
Pears
Fruit Juice & Milk

22

Pizza Crunchers
Seasoned Vegetables
Applesauce
Milk

25

Hot Dog
Baked Beans
Pineapple
Milk

26

Cheeseburger
Fries
Pickles
Fruit Juice & Milk

27

French Toast Sticks
Sausage
Roasted Potatoes
Orange Slices
Milk

28

Chicken Tenders
Dinner Roll
Cooked Carrots
Fresh Fruit
Fruit Juice & Milk

29

**SPRING
BREAK**