



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



Chicken Sandwich
Green Beans
fruit

4

Mac & Cheese
Dinner Roll
Winter Blend Veggies
Mandarin Oranges

5

Walking Tacos
Mixed Vegetables
Apple Sauce
Churros

6

Popcorn Chicken Bowl
Fruit cup

7

Corn Dog
Side Salad
Broccoli
Pears

1

Cheese Calzone
Peas
Fruit

8

Goulash
Mixed Vegetables
Applesauce

11

French Toast
Sausage
Hash brown
Mandarin Oranges

12

Meatball Sub
Seasoned Vegetables
Applesauce

13

Chicken Quesadilla
Seasoned Corn Fruit
Cup Fruit Churro

14

Chicken Tenders
Fries
Carrots
Fruit Cup

15

Hot Dog w/Toppings
Baked Beans
Pineapple cup

18

General Tso's Chicken
Rice
Broccoli
Fruit Cup

19

Spaghetti w/meat
sauce
Breadstick
Vegetables
Applesauce

20

Cheeseburger
Vegetables
Fries
Peaches

21

Chicken Sandwich
Mixed Vegetables
Sliced apples

22

Chicken Alfredo
Vegetable
Breadsticks

25

Italian Dunkers
Dipping Sauce
Side Kicks Fruit Cups
Glazed Carrots

26

Chicken Fajita Wrap
Seasoned Corn
Apple Sauce

27

Pizza
Green Beans
Tossed Salad
Fruit Juice & Milk

28

**Spring
Break**

29