

# MARCH 2024

## General McLane High School

### 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



Hot Dog  
Baked Beans  
Pineapple

4

Chicken Sandwich  
Broccoli  
Fries  
Peaches

5

Ham & Cheese  
Sandwich  
Buttered Peas  
Mandarin Oranges

6

Popcorn Chicken Bowl  
Dinner Roll  
Sidekicks Fruit Cup

7

BBQ Pulled Pork  
Sandwich  
Green Beans  
Apple Sauce

1

Lasagna  
Side Salad  
Mixed Fruit

8

Goulash  
Diced Carrots  
Apple Sauce

11

Cheese Calzone  
Cooked Cauliflower  
Pears

12

Pancakes & Sausage  
Tater Tots  
Side Kicks Fruit Cup

13

Mexican Pizza  
Green Beans  
Side Salad  
Pineapple

14

Chicken Sandwich  
Buttered Peas  
Apple Slices

15

Chicken Fajitas  
Rice  
Seasoned Corn  
Fruit

18

Spaghetti With Meat  
Sauce  
Breadstick  
Green Beans

19

Maple French Toast  
W/ Sausage  
Tater Tots  
Fresh Fruit Salad

20

Loaded Fries  
Mixed Vegetables  
Peaches

21

Cheeseburger  
Fries  
Peaches

22

General Tso Chicken  
Broccoli  
Rice  
Fruit

25

Chicken Parmesan  
Sandwich  
Green Beans

26

Mac & Cheese  
Cauliflower  
Fruit

27

Chicken Tenders  
W/dipping sauce  
Cooked Carrots  
Fruit

28

**SPRING  
BREAK**

29