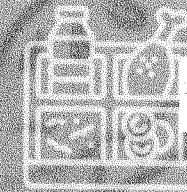




March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate



# LUNCH

## MONDAY

Salisbury Steak  
Green Beans  
Mashed Potatoes  
Roll  
Fruit

02

## TUESDAY

Chicken & Rice  
Queso with Tostitos  
Salsa  
Refried Beans  
Fruit

03

## WEDNESDAY

Hot Dog on Bun  
Chili/Cheese  
Baked Beans  
Carrot Sticks  
Fruit

04

## THURSDAY

Chicken Nuggets  
Broccoli  
Mac & Cheese  
Tater Wedges  
Fruit

05

## FRIDAY

Pizza Calzone  
Salad  
Corn  
Carrot Sticks  
Fruit

06

Corn Dogs  
Tater Tots  
Carrot Sticks  
Fruit

09

Chicken & Gravy  
Green Beans  
Mashed Potatoes  
Roll  
Fruit

10

Hamburger on Bun  
Cheese  
Baked Beans  
Carrots  
Fruit

11

Popcorn Chicken  
Peas & Carrots  
Broccoli  
Fruit

12

French Bread Pizza  
Salad  
Corn  
Carrot Sticks  
Fruit

13

St. Patrick's Day

-----NO SCHOOL-SPRING BREAK-----

16

17

18

19

20

Chicken Alfredo  
Broccoli  
Salad  
Breadstick  
Fruit

23

Taco Meat  
Cheese/Salsa  
Refried Beans  
Corn  
Fruit

24

Chicken Patty on Bun  
Carrots  
Tater Wedges  
Fruit

25

Ham & Cheese Sandwich  
Green Beans  
Carrot Sticks  
Fruit

26

Pizza Quesadilla  
Salad  
Corn  
Carrot Sticks  
Fruit

27

Spaghetti w/ Meat Sauce  
Salad  
Breadstick  
Fruit

30

Chicken Tenders  
Corn  
Carrot Sticks  
Fruit

31



All lunches served with Milk



### School Information:

The USDA is an equal opportunity provider and employer.  
Menu Subject to Change

Jr./Sr.- Bulldogs Cafe

MARCH 2026