



**Cafeteria Manager: Terri Maynor**

Menu is subject to change without notice depending on availability of products.



**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 salmon.

*This institution is an equal opportunity provider.*

References: Academy of Nutrition & Dietetics, USDA MyPlate

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

1

1  
Chicken Nuggets OR  
Spicy Chicken Nuggets  
Cream Potatoes & Macaroni  
Pinto Beans & Roll  
Fruit & Choice of Milk

2  
Cheese Sticks w/ Marinara  
Fresh Garden Salad w/ dressing  
Corn  
Fresh Vegetables w/ ranch  
Fruit & Choice of Milk

3  
Grilled Hotdog OR  
PB&J sandwich w/ cheese stick  
Potato Smiles  
Cole Slaw & Chili  
Fruit & Choice of Milk

4  
Pepperoni Pizza OR  
Cheese Pizza  
Fresh Garden Salad w/ dressing  
Corn & Fresh Carrots  
Fruit & Choice of Milk

7  
Chicken Sandwich OR  
Spicy Chicken Sandwich  
Lettuce/Tomato/Pickle  
Tater Tots  
Fruit & Choice of Milk

8  
Taco Meat w/ Nacho  
Chips OR Burrito  
Refried Beans & Corn  
Lettuce/Tomato/Cheese  
Fruit & Choice of Milk

9  
Sausage Biscuit OR  
Chicken Biscuit  
White Gravy & Hashbrown  
Yogurt Cup  
Fruit & Choice of Milk

10  
Spaghetti w/ meat  
sauce OR Ravioli  
Garlic Bread & Salad  
Corn  
Fruit & Choice of Milk

11  
Yogurt/Cheese Stick Plate,  
Cookie, Crackers,  
Applesauce, Carrot sticks OR  
Salad Plate w/ grilled chicken or  
cheese  
Fruit & Choice of Milk

14  
Pepperoni Pizza OR  
Cheese Pizza  
Garden Salad w/ dressing  
Corn & Fresh Vegetables  
Fruit & Choice of Milk

15  
Steak Nuggets w/ Roll  
OR Fish w/ hushuppies  
Green Beans & Slaw  
Sweet Potato Tots  
Fruit & Choice of Milk

16  
Chicken & Waffles  
OR Pancakes & Sausage  
Syrup & Roasted Potatoes  
Yogurt  
Fruit & Choice of Milk

17  
Chili Frito Pie OR  
Chili Cheese Tots  
Fresh Garden Salad  
Fresh Vegetables w/ Ranch  
Cinnamon Roll, Fruit, Choice of Milk

18  
Teacher Workday  
NO SCHOOL

21  
Teacher Workday  
NO SCHOOL

22  
Teriyaki Chicken w/rice  
OR Asian Chicken w/ rice  
OR Chicken Nugget w/ Rice  
Fortune Cookie, Egg Roll, Veggies  
Fruit & Choice of Milk

23  
Sausage Biscuit OR  
Steak Biscuit  
Cheese Stick & Hashbrown  
White Gravy & Yogurt  
Fruit & Choice of Milk

24  
Corndog OR  
PB&J w/ cheese stick  
Chips, Cookie, Carrots w/ ranch  
Icее  
Fruit & Choice of Milk

25  
Grilled Cheese Sandwich  
OR PB&J w/ cheese stick  
Chips, Cookie, Carrots w/ ranch  
Sherbet  
Fruit & Choice of Milk

28  
BBQ Sandwich OR  
Hamburger  
Slaw, Baked Beans, Potatoes  
Lettuce/Tomato/Pickle  
Fruit & Choice of Milk

29  
Grilled Hotdog OR  
Grilled Cheese Sandwich  
Slaw & Chili  
Chips & Cookie  
Fruit & Choice of Milk

30  
Chicken Nuggets OR  
Spicy Chicken Nuggets  
Cream Potatoes & Roll  
Squash & Green Beans  
Fruit & Choice of Milk

31  
Cheese Sticks w/ marinara  
OR Cheesy bread  
Fresh Garden Salad  
Corn & Peas & Carrots  
Fruit & Choice of Milk

