

MARCH 2025

LISBON GRADE SCHOOL

LUNCH



Choice of Low-Fat White and Fat-Free Chocolate served daily.



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

Soft Shell Pork Taco
Corn
Applesauce
Chex Mix **3**

Mardi Gras Festival
Hot Ham & Cheese
on Bun
Carrots, Peaches
Paczki (Polish Donut) **4**

Broccoli Cheese
Soup, Oyster Crckrs
Pears
Rice Krispy Treat **5**

Popcorn Chicken
Ceaser Salad
Mixed Fruit
Jell-O **6**

Cheese Quesadilla
Peas
Frozen Fruit
Fruit by the Foot **7**

Pancakes
Sausage Patty
Applesauce
Granola Bar **10**

Beef Nachos
Corn
Peaches
Chex Mix **11**

Pretzel Bites w/ Chz
Carrots
Pears
Pudding Cup **12**

Chicken Nuggets
Green Beans
Mixed Fruit
Fruit Snacks **13**

Cheese Pizza
Peas
Frozen Fruit
Strawberry Short
Cake **14**

Chicken Strips
Carrots
Applesauce
Jell-O **17**

Meatball Sub
Potato Wedges
Peaches
Fruit by the Foot **18**

BBQ Beef on Bun
Green Beans
Pears
Fruit Bar **19**

Hamburger or
Cheeseburger on
Bun, Baked Beans
Frozen Fruit
Pudding Cup **20**

**NO
SCHOOL** **21**

**NO
SCHOOL** **24**

**NO
SCHOOL** **25**

**NO
SCHOOL** **26**

**NO
SCHOOL** **27**

**NO
SCHOOL** **28**

Corn Dog
Peas
Applesauce
Fruit Snack **31**

