

# MARCH 2023

## Lisbon Grade School

### LUNCH



**Choice of Low Fat White milk and Fat Free Chocolate milk available 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



Mini Corn Dogs **1**  
Nacho chips w/Cheese  
Green Beans  
Applesauce  
Rice Krispy Treat

Cheese Pizza **2**  
Peas  
Peaches  
Cranberries

Hot Ham & Cheese **3**  
On Bun  
Raw Carrots  
Frozen Mixed Berries  
Strawberry Chex Mix

Hamburger or Cheeseburger on Bun **6**  
Green Bean  
Pears  
Pudding Cup

Macaroni & Cheese **7**  
Peas  
Applesauce  
Jell-O

Sweet & Sour Chicken, Rice **8**  
Broccoli  
Pineapple  
Fruit Snacks

Salisbury Steak **9**  
Mashed potatoes  
Corn  
Peaches  
Rice Krispy Treat

Biscuit & Gravy **10**  
Hashbrown Patty  
Frozen Apricots  
Gogurt

Rotini w/ meat sauce **13**  
Peas  
Pears  
String Cheese

Pancakes **14**  
Sausage Links  
Blueberries  
Granola Bar

Chicken Nuggets **15**  
Green Beans  
Applesauce  
Fruit by the Foot

BBQ Pork on Bun **16**  
Corn  
Peaches  
Pudding Cup

Corn Dog **17**  
Raw Carrots  
Frozen Strawberries  
Cookie

Pretzel Bites w/ Cheese **20**  
Broccoli  
Pears  
Scooby Snacks

Beef Nachos(beef, cheese, salsa, sour cream) **21**  
Nacho Chips  
Corn, Applesauce  
Strawberry Chex Mix

French Toast Sticks **22**  
Tater Tots  
Blueberries  
Fruit Snacks

Cheese Quesadilla **23**  
Peas  
Frozen Mixed Berries  
Rice Krispy Treat

**NO SCHOOL** **24**

**NO SCHOOL** **27**

**NO SCHOOL** **28**

**NO SCHOOL** **29**

**NO SCHOOL** **30**

**31**