

MARCH 2023

WAKEFIELD-MARENISCO

LUNCH



School Information: MILK & WATER WITH ALL MEALS.

FRUITS & VEGETABLES DAILY

*******MENU SUBJECT TO CHANGE*******



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



1
Mini Corn Dogs
Smiley Potatoes
Baked Beans

2
Mac & Cheese
Chicken Sticks

3
Broccoli Cheese Soup
Bosco Sticks

6
Mini Calzones
Marinara

7
National Cereal Day
Cereal & Milk
PB&J
Yogurt

8
Salsbury Steak
Mashed Potatoes
Veggie & Roll

9
Rotini & Red Sauce
Meatballs
Garlic Bread

10
Pizza
Salads

13
Sub Sandwich
Chips & Pickles

14
Beefy Nachos

15
Chicken Patty
Nacho Cheese & Chips

16
BBQ Ribs
Butter Noodles
Breadstick

17
St. Patrick's Day
****NOON RELEASE****
PB&J
Cheese Stick
Fresh Fruit

20
Cheeseburger
Fries
Pickles

21
Walking Taco

22
Crispy Chicken Wrap
Lettuce & Cheese
Nacho Cheese OR Salsa
Chips

23
Cardinal Bowl

24
Chili Mac
Corn Muffin
Sour Cream & Cheese

27
SPRING
BREAK

28
SPRING
BREAK

29
SPRING
BREAK

30
SPRING
BREAK

31
SPRING
BREAK