

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
Nacho chips w/Cheese
Green Beans
Applesauce
Rice Krispy Treat

1

Cheese Pizza
Peas
Peaches
Scooby Snacks

2

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

3

Hamburger or
Cheeseburger on Bun
Green Bean
Pears
Pudding Cup

6

Macaroni & Cheese
Peas
Applesauce
Jell-O

7

Sweet & Sour Chicken,
Rice
Broccoli
Pineapple
Fruit Snacks

8

Salisbury Steak
Mashed potatoes
Corn
Peaches
Rice Krispy Treat

9

Biscuit & Gravy
Hashbrown Patty
Frozen Apricots
Gogurt

10

Rotini w/ meat sauce
Peas
Pears
String Cheese

13

Pancakes
Sausage Links
Blueberries
Strawberry Chex mix

14

Chicken Nuggets
Green Beans
Applesauce
Fruit by the Foot

15

BBQ Pork on Bun
Corn
Peaches
Pudding Cup

16

Corn Dog
Raw Carrots
Frozen Strawberries
Cookie

17

Pretzel Bites w/
Cheese
Broccoli
Pears
Scooby Snacks

20

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

21

French Toast Sticks
Tater Tots
Blueberries
Fruit Snacks

22

Cheese Quesadilla
Peas
Frozen Mixed Berries
Rice Krispy Treat

23

**NO
SCHOOL**

24

**NO
SCHOOL**

27

**NO
SCHOOL**

28

**NO
SCHOOL**

29

**NO
SCHOOL**

30

31