

# MARCH 2023

# Allendale Christian Elementary School

# LUNCH



**Lunch Prices: \$2.75**  
**Staff/Adult Meals- \$4.10**  
**Extra Entrée- \$1.15 Milk Only- \$0.50**  
**Extra Peppino's Pizza- \$1.50**



**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

\*\* Menu items may change without notice due to product availability  
 \*\*This institution is an equal opportunity provider and employer\*\*

Choice 1: Nachos- Chips, Taco Meat, Salsa, Cheese, Refried Beans, Spanish Rice, Romaine Lettuce, Fruit

6

Choice 2: Bagel Bag

Choice 1: Chicken Tenders, Broccoli, Seasonal Veggies, Dinner Roll, Fruit

13

Choice 2: Egg "McMuffin" Bag

Choice 1: "Fried" Chicken Drumstick (Bone In), Garlic Mashed Potatoes, Broccoli, Dinner Roll, Fruit

20

Choice 2: Breakfast Bag

Choice 1: Dutch Waffles, Sausage, Potato Cubes, Fruitables Juice, Fruit

27

Choice 2: Stuffed Pizza Stick Bag

## TUESDAY



**National Cereal Day**  
 Choice 1: Bosco Sticks, Bosco Sauce, Broccoli, Fruit

7

Choice 2: Breakfast Bag

Choice 1: Emoji Waffles, Sausage, Smiles, Fruitables Juice, Fruit

14

Choice 2: Stuffed Pizza Stick Bag

Choice 1: Hot Dog on Bun, Seasonal Veggies, Baked Beans, Fruit

21

Choice 2: "Uncrustables" Sandwich Bag

Choice 1: Sloppy Joes, Smile Fries, Fresh Veggies, Fruit

28

Choice 2: Lucky Charms Bag

## WEDNESDAY

Choice 1: Chicken Nuggets, Green Beans, seasonal veggies, Sun Chips, Fruit

1

Choice 2: Lucky Charms Bag

Choice 1: Cheesy Pull Apart Bread, Corn, Marinara Sauce, Fruit

8

Choice 2: Nacho Bag

Choice 1: Macaroni and Cheese, Green Beans, Garlic Breadstick, Seasonal Veggies, Fruit

15

Choice 2: Lucky Charms Bag

Choice 1: Chocolate Chip French Toast, Sausage, Hash Brown, Fruitables, Fruit

22

Choice 2: Nacho Bag

Choice 1: Corn Puppies, Green Beans, Seasonal Veggies, Fruit

29

Choice 2: Egg "McMuffin" Bag

## THURSDAY

Choice 1: Pulled Pork Sandwich, Corn, Seasonal Veggies, Fruit

2

Choice 2: Stuffed Pizza Stick Bag

Choice 1: Peppino's Pizza, Green Beans, Seasonal Veggies, Fruit

9

Choice 2: Cocoa Puffs Bag

Choice 1: "Sub-r-Way"- choose from Ham or Turkey w/ your choice of toppings. fruit, Sun Chips

16

Choice 2: Bagel Bag

Choice 1: Spaghetti w/ Meat Sauce & Cheese, Garlic Breadstick, seasonal veggies, Fruit

23

Choice 2: Cocoa Puffs Bag

Choice 1: Peppino's Pizza, Broccoli, Seasonal Veggies, Fruit

30

Choice 2: Bagel Bag

## FRIDAY

Choice 1: Peppino's Pizza, Peas, Seasonal Veggies, Fruit

3

Choice 2: "Uncrustables" Sandwich Bag

Choice 1: Mini Cinnamon Rolls, sausage, , Fruitables, Hash Brown, Fruit

10

Choice 2: Chicken Sandwich Bag

**St. Patrick's Day**

17

**No School**

Choice 1: Peppino's Pizza, Green Beans, Seasonal Veggies, Fruit

24

Choice 2: Chicken Sandwich Bag

No School- Spring Break

31