

MARCH 2023

Allendale Christian Middle School

LUNCH



Lunch Prices: \$2.95
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, Pudding

6

Choice 2: Bagel Bag

TUESDAY



National Cereal Day
 Choice 1: Bosco Sticks, Bosco Sauce, Broccoli, Fruit, Crackers
 Choice 2: Breakfast Bag

7

WEDNESDAY

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

1

Choice 2: Lucky Charms Bag

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

8

Choice 2: Nacho Bag

THURSDAY

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

2

Choice 2: Stuffed Pizza Stick Bag

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

9

Choice 2: Cocoa Puffs Bag

FRIDAY

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

3

Choice 2: "Un crustables" Sandwich Bag

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

10

Choice 2: Chicken Sandwich Bag

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

13

Choice 2: Egg "McMuffin" Bag

Choice 1: Emoji Waffles, sausage, Smiles, Fruitables Juice, Fruit, Muffin

14

Choice 2: Stuffed Pizza Stick Bag

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

15

Choice 2: Lucky Charms Bag

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

16

Choice 2: Bagel Bag

St. Patrick's Day
No School

17

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

20

Choice 2: Breakfast Bag

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

21

Choice 2: "Un crustables" Sandwich Bag

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

22

Choice 2: Nacho Bag

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

23

Choice 2: Cocoa Puffs Bag

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

24

Choice 2: Chicken Sandwich Bag

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

27

Choice 2: Stuffed Pizza Stick Bag

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

28

Choice 2: Lucky Charms Bag

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

29

Choice 2: Egg "McMuffin" Bag

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

30

Choice 2: Bagel Bag

No School- Spring Break

31