

# MARCH 2023

# St. Joseph School

## LUNCH



**School Information:** Student meal: \$3.50  
 Adult meal: \$4.50 (GF) =Gluten free available  
 Ala carte milk: \$.50 (C) = Cheese  
 Extra Entrée: \$1.50 (P) = Pepperoni (H)=Plain Burger

\*\*MENU ITEMS SUBJECT TO CHANGE DUE TO SUPPLY ISSUES



**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  
 Chicken Nuggets  
 Green Beans  
 Fruit

2  
**Zoey Schroeder Choice**  
 Pizza (C)(H)(GF)  
 Carrots  
 Pineapple

3  
 Fish Nuggets  
 Tater Tots  
 Fruit

6  
 Beef Teriyaki Bowl  
 Baked Broccoli  
 Fruit

7  
 Chix, Bacon, Ranch  
 Wrap (GF)  
 Potato Wedges  
 Lettuce, Tomato, Fruit

8  
 Soft Chicken Taco  
 (GF)  
 Beans, Lettuce, Tomato  
 Fruit

9  
 Turkey Sub. (GF)  
 Lettuce, Tomato, Chips  
 Fruit

10  
**NO SCHOOL  
 TODAY**  
 Teacher Retreat

13  
 Corn Dog  
 Smile Fries  
 Fruit

14  
 Pulled Pork Sandwich  
 Coleslaw, Veggies  
 Fruit

15  
 Chili, Chips and Chz  
 (GF)  
 Corn  
 Fruit

16  
 Sloppy Jo (GF)  
 Spinach Salad  
 Fruit

17  
**St. Patrick's Day**  
 Baked Potato (GF)  
 Vegetarian Chili, Veggies  
 Fruit

20  
**Drew Vermillion**  
 Burger (H)(C)(GF)  
 Smile Fries, Oranges

21  
**Drew Vermillion**  
 Crispy Chicken Burger (GF)  
 Tater Tots, Strawberries

22  
**Addison Vermillion**  
 Mac N' Cheese  
 Carrots, Oranges

23  
**Addison Vermillion**  
 Popcorn Chicken  
 Carrots, Applesauce  
 Chocolate Cake

24  
**Drew/Addison  
 Vermillion**  
 Pizza (Cheese ONLY)(GF)  
 Smile Fries, Fruit, Ice Cream

27  
 Hot Dog (GF)  
 Baked Beans, Veggies  
 Fruit

28  
 Oven Fried Chix Leg  
 Mashed Potatoes  
 Fruit

29  
 Chicken Teriyaki  
 Bowl  
 Baked Broccoli  
 Fruit, Fortune Cookie

30  
 Super Nacho's (GF)  
 Corn  
 Fruit

31  
 Mozz. Cheese Sticks  
 Green Bean  
 Fruit