




Rosa Parks March 2023 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
March Events 12=Daylight Saving Time begins 20=Spring begins		Brunch for Lunch Chicken and Waffle Sweet Potato Tater Tots Applesauce Milk	Tangerine Chicken Brown Rice with Mixed Vegetables Dragon Juice Milk	Cheese Pizza WG Spinach Salad with Light Dressing Chilled Pineapple and Mandarin Oranges Milk
6	7	8	9	10
Sloppy Joes on WG Bun Seasoned Potato Wedges Chilled Peaches Milk	Soft Tacos (Turkey) Shredded Cheese Pinto Beans Applesauce Milk Taco Sauce	WG Brd Chicken Drumstick Dinner Roll WG Mixed Greens Chilled Pineapple Milk	Hamburger on a Whole Grain Bun Green Beans Fruit Juice Milk Ketchup and Mustard	Mini Ravioli with Marinara Glazed Carrots Pineapple and Mandarin Oranges Milk
13	14	15	16	17
Tangerine Chicken Brown Rice with Mixed Vegetables Dragon Juice Milk	Walking Tacos with Turkey and WG Tostitos Shredded Cheese Seasoned Pinto Applesauce Milk	BBQ Chicken Patty on WG Bun Green Beans Chilled Peaches Milk	Salisbury Steak with Gravy and WG Dinner Roll Mashed Potatoes Chilled Pears Milk	Chicken Nuggets, WG Breading Glazed Carrots Apple Juice Milk Ketchup
20	21	22	23	24
Cheeseburger on Whole Grain Bun Baked Beans Diced Pears Milk Ketchup and Mustard	Macaroni and Cheese WG Green Beans Applesauce Milk	Turkey Steak with Gravy Mashed Potatoes Juice Milk	Cheese Pizza WG Spinach Salad with Light Dressing Chilled Peaches Milk	Breaded Chicken on WG Bun with Ranch Steamed Carrots Orange Wedges Milk
27	28	29	30	31
WG Breaded Chicken Drumstick Corn Bread Loaf WG Greens Juice Milk	Popcorn Chicken, WG Dinner Roll WG Mashed Potatoes Pineapple Tidbits Milk	Chicken Alfredo Steamed Carrots Applesauce Milk	Nachos with Three-Bean Chili Shredded Cheddar Cheese Mixed Vegetables Juice Milk	Chicken and Cheese Quesadilla, WG Refried Beans Diced Peaches Milk

* This item may contain pork.

ALL MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE
This institution is an equal opportunity provider.