

MARCH 2024

Leonard Middle School

LUNCH

WE > me



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

National School Breakfast Week
March 4-8
Celebrate Breakfast at School!

TUESDAY



WEDNESDAY



THURSDAY



FRIDAY

Cheeseburger on WG Roll **4**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Sun Butter & Jelly on WG Bread w/Cheese Stick **5**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Walking Tacos **6**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Popcorn Chicken & Mashed Potato Bowl **7**
Garlic Knot
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

WG Quesadilla **1**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Chicken Burger on WG Roll **11**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Pulled Pork on WG Roll **12**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Deli Sandwich on WG Roll **13**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

WG Quesadilla **14**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

TEACHERS IN SERVICE **15**
NO SCHOOL FOR STUDENTS

Hot Dog on WG Roll **18**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

WG Cheesy Bread Sticks **19**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Baked Chicken Parmesan **20**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

WG French Toast Sticks **21**
Scrambled Eggs
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

WG Pizza **22**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Chicken Nuggets **25**
WG Crackers
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Pizza Munchable Lunch **26**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Macaroni & Cheese **27**
WG Biscuit
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

Fruit and Yogurt Parfait **28**
WG Muffin
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate

WG Quesadilla **29**
Fruit & Veggie Bar
Milk: 1%, Skim, or FF Chocolate