MARCH 2024

Viola Rand School

LUNCH

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

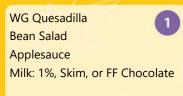| MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
National School Breakfast Week March 4 - 8 Celebrate Breakfast at School!		SCHOOL BREAKFAST IS… BRAIN POWER FOR LEARNING / NUTRITION FOR GROWTH / FUEL FOR SPORTS AND PHYSICAL EDUCATION. Kids are stronger with school breakfast. TeamNutrition.USDA.gov	Celebrate School Breakfast Many Ways	**1** WG Quesadilla Bean Salad Applesauce Milk: 1%, Skim, or FF Chocolate
4 Cheeseburger on WG Roll Green Beans Apple Milk: 1%, Skim, or FF Chocolate	**5** Sun Butter & Jelly on WG Bread w/Cheese Stick Carrots Orange Milk: 1%, Skim, or FF Chocolate	**6** Walking Tacos Refried Beans Mixed Fruit Cup Milk: 1%, Skim, or FF Chocolate	**7** Popcorn Chicken & Mashed Potato Bowl Garlic Knot Peach Cup Milk: 1%, Skim, or FF Chocolate	**8** WG Pizza Celery Pineapple Milk: 1%, Skim, or FF Chocolate
11 Chicken Burger on WG Roll Broccoli Mixed Fruit Cup Milk: 1%, Skim, or FF Chocolate	**12** Pulled Pork on WG Roll Baked Beans Pear Cup Milk: 1%, Skim, or FF Chocolate	**13** Deli Sandwich on WG Roll Cucumbers Fresh Apple Milk: 1%, Skim, or FF Chocolate	**14** WG Quesadilla Carrots Fresh Orange Milk: 1%, Skim, or FF Chocolate	**15** **TEACHERS IN SERVICE** **NO SCHOOL FOR STUDENTS**
18 Hot Dog on WG Roll Baked Beans Applesauce Cup Milk: 1%, Skim, or FF Chocolate	**19** WG Cheesy Bread Sticks Carrots Pineapple Milk: 1%, Skim, or FF Chocolate	**20** Baked Chicken Parmesan Broccoli Fresh Orange Milk: 1%, Skim, or FF Chocolate	**21** WG French Toast Sticks Scrambled Eggs Hash Brown Cantaloupe Milk: 1%, Skim, or FF Chocolate	**22** WG Pizza Cucumbers Fresh Apple Milk: 1%, Skim, or FF Chocolate
25 Chicken Nuggets WG Crackers Sweet Potato Fries Mandarin Oranges Milk: 1%, Skim, or FF Chocolate	**26** Pizza Munchable Lunch Mixed Veggies Peach Cup Milk: 1%, Skim, or FF Chocolate	**27** Macaroni & Cheese WG Biscuit Broccoli Fresh Apple Milk: 1%, Skim, or FF Chocolate	**28** Fruit and Yogurt Parfait WG Muffin Chickpeas Milk: 1%, Skim, or FF Chocolate	**29** WG Quesadilla Corn Mixed Fruit Cup Milk: 1%, Skim, or FF Chocolate