

MARCH 2023

St Francis Xavier Catholic School

LUNCH



Reduced Lunch: \$0.40
Paid Lunch \$4.00
Extra Main Entrée: \$1.00
Milk (white or chocolate): \$0.50



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Menu items subject to change without notice.

This institution is an equal opportunity provider.

Super Nachos
 Refried Beans
 Nacho Cheese
 Apples
 Choice of Milk **1**

Ham and Cheese Sandwich
 Chips
 Baby Carrots
 Fruit
 Choice of Milk **2**

Cheese Pizza
 Garden Salad
 Cucumbers/Tomatoes
 Fruit
 Choice of Milk **3**

Hot Dogs
 Chips
 Baked Beans
 Fruit
 WG Cookie
 Choice of Milk **6**

Chili
 Cinnamon Rolls
 Baby Carrots
 Fruit
 Choice of Milk **7**

Meatloaf
 Mashed Potatoes
 Green Beans
 Fruit
 Choice of Milk **8**

Grilled Cheese Sandwich
 Soup
 Corn
 Fruit
 Choice of Milk **9**

NO SCHOOL **10**

NO SCHOOL **13**

NO SCHOOL **14**

NO SCHOOL **15**

NO SCHOOL **16**

NO SCHOOL **17**

Grilled Chicken Sandwiches
 French Fries
 Seasoned Peas
 Fruit
 Choice of Milk **20**

National Crunchy Taco Day **21**
 Beef Taco
 Refried Beans
 Spanish Rice
 Fruit
 Choice of Milk

Chicken Nuggets
 French Fries
 Baked Beans
 Corn
 Choice of Milk **22**

Macaroni and Cheese
 BBQ Meatballs
 Green Beans
 Fruit
 Choice of Milk **23**

Baked Potatoes
 Broccoli and Cheese
 WG Breadstick
 Fruit
 Choice of Milk **24**

Soft Tacos
 Refried Beans
 Salsa
 Corn
 Fruit
 Choice of Milk **27**

Italian Pasta Bake
 WG Garlic Toast
 Green Beans
 Fruit
 Choice of Milk **28**

Pepperoni Pizza
 Side Salad
 Baby Carrots
 Fruit
 Choice of Milk **29**

Cheeseburgers
 WG Chips
 Baked Beans
 Fruit
 Choice of Milk **30**

Bean and Cheese Burritos
 Cheese Sauce
 Spanish Rice
 Fruit
 Choice of Milk **31**