

# MARCH 2023

## C. Grant Grimshaw

equal opportunity employer

### LUNCH



#### -Meals are NOT free for all students

-An approved meal application must be on file for free meals. They can be found at [lafayetteschools.org](http://lafayetteschools.org) on the Food Service page, click the plate setting icon.

-MENU SUBJECT TO CHANGE



**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

Daily  
PB & J  
Yogurt Meal



Sausage, Egg & Cheese  
Breakfast Croissant 1

Pasta Bake(goulash)  
w/Breadstick 2

Stuffed Crust Pizza 3

Tater Tots  
Veggie Juice

Caesar Salad  
Green Beans

Garden Salad  
Carrot Coins

Chicken Nuggets  
w/Dip 6

Taco Tuesday!  
Beef, soft shells,  
salsa, cheese, sour cream,  
lettuce  
Seasoned Corn  
Black Bean Salsa 7

Twisted Cheesy  
Breadsticks  
w/Tomato Sauce  
Green Beans  
Tossed Salad 8

French Toast Sticks  
w/Sausage 9

Big Daddy's Pizza 10

Sweet Potato Fries  
Steamed Broccoli

Snow Day 14

Deluxe  
Cheeseburger  
Whole Grain Bun 15

Mozzarella Sticks  
w/Tomato Sauce 16

Homemade Pizza 17

No School

French Fries  
Steamed Broccoli

Green Beans  
Cali Blend

Garden Salad  
Carrot Coins

Mini-Corn Dogs  
w/ Honey Mustard 20

Walking Taco  
Beef, salsa, cheese,  
sour cream, lettuce  
Seasoned Corn  
Cheesy Bean Dip 21

Chicken Patty  
Whole Grain Bun 22

Mac N' Cheese  
Cheesy Breadstick 23

Personal Pan  
Pizza 24

Green Beans  
Sweet Potato Fries

French Fries  
Steamed Broccoli

Peas & Carrots  
Celery Sticks w/Ranch

Caesar Salad  
Carrot Coins

Chicken Fingers  
w/Dip 27

Nachos Supreme  
w/Salsa & Sour  
cream  
Cheesy Bean Dip  
Black Beans & Corn 28

Mini-Pancakes  
w/Sausage 29

Cook's Choice 30

Assorted Pizza 31

Sweet Potato Fries  
Seasoned Broccoli

Hash Rounds  
Sunset Sip Juice

Check back for an  
updated menu

Broccoli  
Seasoned Carrots