

MARCH 2023

BANNER SCHOOL CHILD NUTRITION

LUNCH



Banner School

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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

This institution is an equal opportunity provider.

Student Breakfast: \$1.90
Student Lunch: \$3.10

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

6
Crunchy Tacos w/ Taco Meat, Cheese, Lettuce, Tomatoes, Sour Cream and Salsa on the side, Apples w/ Caramel Sauce & Choice of Milk

7
Choice of Hamburger or Cheese Pizza, Sautéed Spinach w/Bacon, Mandarin Oranges & Choice of Milk

8
Chicken Strips w/Honey Mustard or Ketchup, Mashed Potatoes, Caesar Salad, Peaches & Choice of Milk

9
Meatball Sub w/Mozzarella, Chopped Salad w/Ranch, Sliced Oranges & Choice of Milk

10
Hot Dogs w/Chili & Cheese, Chips, Vegetables, Applesauce Cups & Choice of Milk

13
*Although we make every effort to adhere to the menu, we are still experiencing supply chain issues.

14
Daily Milk Choices:
1% Milk
-OR-
Fat Free Chocolate Milk

15
**SPRING BREAK
NO SCHOOL**

16
*Turkey Sausage available for pork allergies, eggless available for egg allergies

17
St. Patrick's Day
Adult Breakfast: \$3.00
Adult Lunch: \$6.00

20
Walking Taco (Dorito Bag w/Taco Meat & Cheese Sauce), Lettuce, Tomato, Black Beans, Mango & Choice of Milk

21
Breaded Chicken Sandwich w/Pickles, Lettuce, Tomato, Tater Tots, Cinnamon Apples & Choice of Milk

22
Steak Fingers w/Brown Gravy, Garlic Herb Broccoli, Mashed Potatoes, Mandarin Oranges & Choice of Milk

23
Ziti Noodles with Alfredo Sauce, Chicken, Garlic Toast, Caesar Salad, Mixed Berries & Choice of Milk

24
PK-3 Mini Corn Dogs
4-8 Corn Dogs
Ketchup/Mustard, French Fries, Sliced Apples & Choice of Milk

27
Chicken & Cheese Quesadilla, Sour Cream & Salsa, Black Beans, Strawberry Shortcake w/Whipped Cream & Choice of Milk

28
Pepperoni or Cheese Pizza, Chopped Salad, Grapes & Choice of Milk

29
Breakfast for Lunch!
Biscuits & Gravy, Scrambled Eggs, Bacon, Hash Brown Patty, Broccoli w/Cheese Sauce & Choice of Milk

30
3-Bean Chili w/Cheese & Tostitos Chips, Spinach Salad, Blueberry Cobbler & Choice of Milk

31
Grilled Chicken, Mashed Potatoes w/Country Gravy, Green Beans, Cookie & Choice of Milk