

MARCH 2023

Ponce de Leon High School

LUNCH



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



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



Chicken Fried Rice
Green Beans
Dinner Roll

6

Hamburger
Fries
Lettuce & Tomato

7

Taco Salad
Doritos
Lettuce Bowl
Corn
Pineapple

1

Burrito
Lettuce
Corn
Pineapple

8

Chicken Noodle
Peas & Carrots
Roll
Peach Cobbler

2

Spaghetti
Steamed Broccoli
Bread Stick

9

Hot Ham & Cheese
Baked Beans
Carrots w/ Ranch
Chips

3

Ham & Cheese Sand.
Chips
Carrots w/ Ranch
Baked Beans
Cookie

10

FREEZER CLEAN OUT

13

FREEZER CLEAN OUT

14

FREEZER CLEAN OUT

15

FREEZER CLEAN OUT

16

St. Patrick's Day
EARLY RELEASE
PBJ's w/ Cheese Stick
Chips
Carrots w/ Ranch

17

SPRING BREAK

20

SPRING BREAK

21

SPRING BREAK

22

SPRING BREAK

23

SPRING BREAK

24

Saucy Chicken
Mashed Potatoes
Green Beans
Dinner Roll

27

Hot Dog
French Fries
Coleslaw

28

Cheesy Chicken
Doritos
Corn
Black Beans

29

Chicken Noodle
Peas & Carrots
Dinner Roll
Pudding

30

Pizza
Side Salad w/ Ranch
Steamed Broccoli
Apple Crisp

31