

21st Century Middle School

Lunch Menu

March
2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p>Chicken Potstickers Chicken Fried Rice</p> <p>Steamed Carrots Cucumber Slices</p> <p>Diced Pears Fresh Pear 1% Milk</p>	<p>2</p> <p>Beef Chili Cornbread Bowl</p> <p>Potato Wedges Cucumber Slices</p> <p>Applesauce Fresh Pear 1% Milk</p>	<p>3</p> <p>Chicken and Cheese Quesadilla</p> <p>Roasted Broccoli Salsa Cucumber Slices</p> <p>Pineapple Tidbits Fresh Pear 1% Milk</p>
<p>6</p> <p>Shrimp Poppers Macaroni & Cheese</p> <p>Coleslaw Cherry Tomato</p> <p>Diced Peaches Fresh Apple 1% Milk</p>	<p>7</p> <p>Beef Hot Dog on a Bun</p> <p>Baked Beans Cherry Tomato</p> <p>Mixed Canned Fruit Fresh Apple 1% Milk</p>	<p>8</p> <p>Orange Chicken Brown Rice</p> <p>Steamed Carrots Cherry Tomato</p> <p>Pineapple Tidbits Fresh Apple 1% Milk</p>	<p>9</p> <p>LTO Cacio e Pepe Crispy Chicken Nuggets Garlic Toast</p> <p>Roasted Broccoli Cherry Tomato</p> <p>Diced Pears Fresh Apple 1% Milk</p>	<p>10</p> <p>Pancakes Easy Egg Bake</p> <p>Potato Wedges Cherry Tomato</p> <p>Applesauce Fresh Apple 1% Milk</p>
<p>13</p> <p>Cheeseburger on a Bun</p> <p>Parsley Potato Baby Carrots</p> <p>Diced Peaches Banana 1% Milk</p>	<p>14</p> <p>Chicken Alfredo w/Pasta Rip Stick Breadstick</p> <p>Roasted Broccoli Baby Carrots</p> <p>Mixed Canned Fruit Banana 1% Milk</p>	<p>15</p> <p>BBQ Chicken Sandwich</p> <p>Steamed Carrots Baby Carrots Diced Pears</p> <p>Banana 1% Milk</p>	<p>16</p> <p>Beefy Nachos w/Cheese Sauce</p> <p>Steamed Carrots Red Peppers</p> <p>Diced Pears Fresh Orange 1% Milk</p>	<p>17</p> <p>Cheese Pizza</p> <p>Spiced Pinto Beans Baby Carrots Salsa</p> <p>Pineapple Tidbits Banana 1% Milk</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>
<p>27</p> <p>Chicken Bacon Alfredo Flatbread</p> <p>Green Beans Cherry Tomato</p> <p>Diced Peaches Fresh Grapes 1% Milk</p>	<p>28</p> <p>BBQ Rib Sandwich</p> <p>Steamed Corn Cherry Tomato</p> <p>Fresh Mixed Fruit Fresh Grapes 1% Milk</p>	<p>29</p> <p>Chicken Tacos</p> <p>Refried Beans Cherry Tomato</p> <p>Pineapple Tidbits Fresh Grapes 1% Milk</p>	<p>30</p> <p>Cheeseburger on a Bun</p> <p>Roasted Broccoli Cherry Tomato</p> <p>Applesauce Fresh Grapes 1% Milk</p>	<p>31</p> <p>French Toast Sticks Choice of Egg / Protein</p> <p>Steamed Carrots Cherry Tomato</p> <p>Diced Pears Fresh Grapes 1% Milk</p>

PRICES

EXTRA INFO

Milk (1% White and Fat Free Chocolate)
available daily

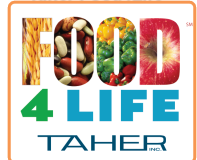
Assorted fresh and canned fruits available daily

HARVEST OF



THE MONTH

Menus and nutrition
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