



MARCH | 2022

LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>28</p>	<p>1 Country fried steak-500cal Mashed potatoes-140cal Roll-140cal Fruit-60cal Milk-100cal</p>	<p>2 Cheese Quesadilla-250cal Chips/salsa-170 Fruit-80cal Milk-100cal</p>	<p>3 Hamburger on bun-270cal French Fries-156cal Lett/tom/pickle-20cal Fruit-60cal Milk-100cal</p>	<p>4 Chicken Nuggets-230cal Corn-100cal Roll-140cal Fruit-60cal Milk-100cal</p>
<p>7 Chicken Pot Pie-310cal Roll-140cal Fruit-60 Milk-100cal</p>	<p>8 Sloppy Joe on bun-280cal Peas-53cal Fruit-60cal Milk-100cal</p>	<p>9 Chicken patty on bun-330cal Carrots-23cal Fruiti-60cal Milk-</p>	<p>10 Spaghetti w meatsauce-300cal Garlic bread-117cal Salad-80cal Fruit-60cal Milk-100cal</p>	<p>11 Taco Wrap tortilla-200cal Cheese/tom/let-50cal Salsa-50cal Fruit-60cal Milk-100cal</p>
<p>14 Orange Chicken-480cal Rice w veggies-100cal Fruit-60cal Milk-100cal</p>	<p>15 BBQ Pork nachos-240cal Tortilla chips-90cal Let/tom/cheese-50cal Fruit-100cal Milk-100cal</p>	<p>16 Deli Sandwich on roll 170cal Carrots/celery sticks-36cal Sun chips-140cal Fruit-60cal Milk-100cal</p>	<p>17 Chicken fajita bowl-137cal Tortilla strips-90cal Let/tom/cheese-50cal Onions/peppers-50cal Fruit-60cal Milk-100cal</p>	<p>18 Beef hot dog on bun-130cal Green beans-30cal Fruit-80cal Milk-100cal Dismiss @11'30A.m.</p>
<p>21</p> <p>NO SCHOOL</p>	<p>22 Bosco Sticks-250cal Carrots-23cal Fruit-60cal Milk-100cal</p>	<p>23 Mac&Cheese-250cal Green beans-30cal Roll-140cal Fruit-60cal Milk-100cal</p>	<p>24 Mini corn dogs-180cal Tatar tots-160cal Fruit-80cal Milk-100cal</p>	<p>25 Teriyaki popcorn chicken-190cal Baby bakers-155cal Roll-140cal Fruit-60cal Milk-100cal</p>
<p>28 Cheese Pizza-300cal Corn-100cal Fruit-60cal Milk-100cal</p>	<p>29 Bethel café chicken cheese and rice-220cal Broccoli w cheese-120cal Roll-140cal Fruit-60cal Milk-100cal</p>	<p>30 BBQ pulled pork on bun-530 Baked beans-150cal Fruit-60cal Milk-100cal</p>	<p>31 Burrito-340cal Chips/salsa/cheese-100cal Fruit-80cal Milk-100cal</p>	<p>1</p>

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