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| Nutrition Menu March 2023 |

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | | | **Saturday** | |
| Rainbow Pot of Gold Leprechaun Saint Patricks Day Clip art ...  Menus are subject to change.  Breakfast and lunch served with Chocolate or  Skim, Low-fat, or 1% White Milk & 100 % Juice.  Essex is an Equal Opportunity Employer | | | **1** | **2** | **3** | | | **4** | |
| **Breakfast:**  Smoothie bowl  **Lunch:**  Tacos, corn, salad, mixed fruit | **Breakfast:**  Yogurt parfait bowl  **Lunch:**  Sub sandwich bar, fries, salad mixed fruit | **Breakfast:**  Breakfast sandwich, bananas  **Lunch:**  Pork nachos, mixed fruit, broccoli | | |  | |
| **5** | **6** | **7** | **8** | **9** | **10** | | | **11** | |
|  | **Breakfast:**  Cereal, bananas  **Lunch:**  Chinese food, mixed fruit, peas | **Breakfast:**  Bagel sandwich  **Lunch:**  Cheese bread, pizza sauce, mixed fruit, and salad | **Breakfast:**  Waffles, strawberries  **Lunch: Around the World!** Ukraine, mixed vegetables, mixed fruit | **Breakfast:**  Yogurt parfait, berries  **Lunch:**  Chicken fried steak, mashed potatoes, corn, mixed fruit | **Breakfast:**  Breakfast sandwich, apples  **Lunch:**  Burrito bar, mixed vegetables, mixed fruit | | |  | |
| **12** | **13** | **14** | **15** | **16** | Saint Patricks Day Shamrock Clip art - pictures of st patrick day png  download - 470*470 - Free Transparent Saint Patricks Day png Download. - Clip  Art Library**St. Patrick’s Day 17** | | | **18** | |
|  | **Breakfast:**  Cereal, apples  **Lunch:** Ham & egg casserole, biscuits, mixed fruit, mixed vegetables | **Breakfast:**  Vanilla waffles, strawberries  **Lunch:**  Chipotle burrito bowl | **Breakfast:**  Pancake dog, bananas  **Lunch: Around the World!** Togo, mixed vegetables, mixed fruit | **Breakfast:**  Yogurt parfait, berries  **Lunch:**  KFC bowl, salad, mixed fruit | **Breakfast:**  Breakfast sandwich, apples  **Lunch:**  Shepherd’s pie, grapes, broccoli | | |  | |
| **19** | **20** | **21** | **22** | **23** | **24** | | | **25** | |
|  | **Breakfast:**  Cereal, bananas  **Lunch:**  Mexican pizza, corn salad, mixed fruit | **Breakfast:**  Breakfast pizza, pears  **Lunch:**  Chicken pot pie, peas, salad, mixed fruit | **Breakfast:**  Waffles, berries  **Lunch:**  Stuffed crust pizza, mixed fruit, mixed vegetables | **Breakfast:**  Yogurt parfait, berries  **Lunch: Around The World**  TBD, mixed fruit, mixed vegetables | **Breakfast:**  Breakfast sandwich, bananas  **Lunch:**  Leftovers, mixed fruit, mixed vegetables | | |  | |
| **26** | **27** | **28** | **29** | **30** | 31 | | |  | |
|  | **Breakfast:**  Cereal, apples  **Lunch:**  Salmon sushi bowl , mixed vegetables, mixed fruit | **Breakfast:**  Eggs & toast, apples  **Lunch:**  Biscuits & gravy, hash browns, mixed fruit | **Breakfast:**  Pancakes, apples  **Lunch: Around the World!** TBD, mixed fruit, mixed vegetables | **Breakfast:**  Yogurt parfait, berries  **Lunch:**  Cheese stuffed shells, sandwich, mixed fruit, mixed vegetables. | | **Breakfast:**  Breakfast sandwich, bananas  **Lunch:**  Hot ham & cheese, mixed vegetables, mixed fruit |  | |