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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  |  |