



# March Lunch Menu

BISHOP JOHN WALKER

### What do the colors on the menu mean?

**GREEN** = locally-sourced

**BLUE** = international

**ORANGE** = Fresh Feature Friday Winner!

**Student's choice of skim or 1% plain milk provided at every meal.**

This institution is an equal opportunity provider.



### It's National Nutrition Month!

Celebrate National Nutrition Month at your school!

- Come **on time** to school so you can eat breakfast!
- Eat your fruits **and** vegetables at lunch!
- Drink water **every day**!
- Try **two** new vegetables this month!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <ul style="list-style-type: none"> <li>• turkey &amp; cheddar on a whole wheat bun</li> <li>• baby carrots &amp; cucumber coins with house ranch dressing</li> <li>• <b>fresh pear</b></li> </ul>	<p><b>3 taco tuesday</b></p> <ul style="list-style-type: none"> <li>• <b>beef soft tacos</b> with cheese in a whole wheat tortilla</li> <li>• <b>chili black beans</b></li> <li>• <b>tomato salsa</b></li> <li>• fresh orange wedges</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>• <b>oven fried chicken drum</b></li> <li>• whole grain waffles with all natural syrup</li> <li>• <b>braised collard greens</b></li> <li>• <b>steamed corn</b></li> <li>• fresh banana</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>• whole wheat mac &amp; cheese</li> <li>• <b>steamed broccoli</b></li> <li>• <b>cinnamon roasted butternut squash</b></li> <li>• fresh cantaloupe wedge</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• roasted turkey with brown gravy</li> <li>• whole grain cornbread muffin</li> <li>• <b>mashed potatoes</b></li> <li>• <b>sautéed green beans</b></li> <li>• <b>fresh apple slices</b></li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>• whole grain italian turkey sausage &amp; cheese pizza</li> <li>• side caesar salad with parmesan cream dressing</li> <li>• <b>buffalo cauliflower</b></li> <li>• <b>fresh pear</b></li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>• <b>cheese quesadilla in a whole wheat tortilla</b></li> <li>• <b>chili black beans</b></li> <li>• <b>tomato salsa</b></li> <li>• fresh orange wedges</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>• chicken alfredo over whole wheat pasta</li> <li>• <b>steamed broccoli</b></li> <li>• <b>sweet potato fries</b></li> <li>• fresh banana</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>• <b>beef shepherd's pie with mashed potatoes</b></li> <li>• whole grain cornbread muffin</li> <li>• buttered green peas</li> <li>• fresh cantaloupe wedge</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• <b>buffalo chicken drum</b></li> <li>• whole wheat roll</li> <li>• baby carrots &amp; celery sticks with house ranch dressing</li> <li>• <b>fresh apple slices</b></li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>• <b>turkey &amp; bean chili with shredded cheese</b></li> <li>• <b>whole grain tortilla chips</b></li> <li>• romaine salad with diced tomatoes &amp; honey lime dressing</li> <li>• <b>fresh pear</b></li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>• <b>curried chicken drum</b></li> <li>• brown rice</li> <li>• <b>steamed carrots</b></li> <li>• <b>southern cabbage</b></li> <li>• fresh orange wedges</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>• <b>hamburger or cheeseburger</b> on a whole wheat bun</li> <li>• ketchup &amp; mustard</li> <li>• bbq baked beans</li> <li>• <b>savory sautéed kale</b></li> <li>• fresh banana</li> </ul>	<p><b>19 brunch for lunch</b></p> <ul style="list-style-type: none"> <li>• whole grain waffles with all natural syrup</li> <li>• turkey sausage links</li> <li>• <b>hash brown potatoes</b> with peppers &amp; onions</li> <li>• fresh cantaloupe wedge</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>• crispy chicken tender with bbq sauce</li> <li>• whole grain cornbread muffin</li> <li>• <b>honey roasted sweet potatoes</b></li> <li>• <b>mashed cauliflower</b></li> <li>• <b>fresh apple slices</b></li> </ul>
<p><b>23</b></p> <ul style="list-style-type: none"> <li>• all beef hot dog on a whole wheat bun</li> <li>• ketchup &amp; mustard</li> <li>• bbq baked beans</li> <li>• <b>steamed corn</b></li> <li>• <b>fresh pear</b></li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>• <b>teriyaki chicken</b></li> <li>• brown rice</li> <li>• <b>asian broccoli</b></li> <li>• <b>glazed carrots</b></li> <li>• fresh orange wedges</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>• crispy fish sandwich on a whole wheat bun with tartar sauce</li> <li>• <b>sautéed green beans</b></li> <li>• <b>parmesan butternut squash</b></li> <li>• fresh banana</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>• <b>bbq chicken drum</b></li> <li>• whole grain cornbread muffin</li> <li>• buttered green peas</li> <li>• <b>sweet potato fries</b></li> <li>• fresh cantaloupe wedge</li> </ul>	<p><b>27 noon dismissal</b></p> <ul style="list-style-type: none"> <li>• turkey meatballs &amp; sauce over whole wheat rotini pasta</li> <li>• side caesar salad with parmesan cream dressing</li> <li>• roasted cauliflower</li> <li>• <b>fresh apple slices</b></li> </ul>
<p><b>30</b></p> <p><b>spring break</b></p> <p><b>no school</b></p>	<p><b>31</b></p> <p><b>spring break</b></p> <p><b>no school</b></p>			