

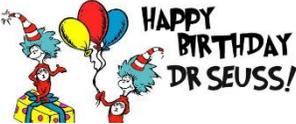


Ellis D. Parker Elementary School



March 1-26, 2021 Lunch Menu

March is National Nutrition Month! To learn more about each week's theme, go to eatright.org/food/resources/national-nutrition-month.

	Monday	Tuesday	Wednesday	Thursday	Friday
<i>Week 1: Eat a variety of nutritious foods every day!</i>	March 1 Hop on Pop Chicken Nuggets w/ Dip 1 Fish, 2 Fish, Goldfish Crackers California Blend Sliced Peaches Horton's Milk Variety 	March 2 Sam I Am! (A Hamburger on a Bun) Lettuce & Tomatoes Whoville Baked Beans Sliced Pears Horton's Milk Variety 	March 3 Poodles w/ Noodles (Spaghetti w/ Meat Sauce) Grinch Salad & Tomato Mixed Fruit Horton's Milk Variety 	March 4 Green Eggs & Ham Sandwich Mixed Vegetables Banana Horton's Milk Variety 	March 5 Thing One Cheese Pizza Green Peas Applesauce Horton's Milk Variety 
	NATIONAL SCHOOL BREAKFAST WEEK!				
<i>Week 2: Plan your meals each week!</i>	March 8 Brown Bag Day Corn Dog Sun Chips Veggie Sticks w/Dip Fruit Cup Assorted Milk	March 9 Grilled Cheese Sandwich Sweet Potato Fries Fruit Cup Assorted Milk	March 10 Cheesy Beef Nachos Salsa Refried Beans Peaches Assorted Milk	March 11 BREAKFAST FOR LUNCH! Sausage Pancake on a Stick Tater Tots Banana Assorted Milk	March 12 Pizza Crunchers Marinara Sauce Broccoli Florets Fruit Assorted Milk
<i>Week 3: Learn skills to create tasty meals!</i>	March 15 Patriot Chicken Bowl w/Biscuit Mashed Potatoes Corn Pears Assorted Milk	March 16 Hamburger on a Bun Lettuce & Tomatoes Baked Beans Peaches Assorted Milk	March 17 Baked Chicken w/Roll Sweet Potatoes Collards Fruit Cup Assorted Milk	March 18 BBQ Pork on a Bun Coleslaw Applesauce Assorted Milk	March 19 Mozzarella Stuffed Breadstick Marinara /Carrot Sticks Mixed Fruit Assorted Milk
<i>Week 4: Consult a Registered Dietitian/ Nutritionist!</i>	March 22 Chicken & Cheese Quesadilla Salsa / Mexicali Corn Apple Slices Assorted Milk	March 23 Turkey Pot Pie Biscuit Collards Fruit cup Assorted Milk	March 24 Teriyaki Chicken Tenders Brown Rice Green Beans Mandarin Oranges Assorted Milk	March 25 Hot Dog on Roll Baked Beans Coleslaw Peaches Assorted Milk	March 26 Meal Provided on 3/25 Ham & Cheese Pocket Carrot Sticks Fruit Choice of Milk

Menus Subject to Change