



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate



LUNCH

MONDAY

Mini Corndogs
Buttered Noodles
Broccoli w/cheese
Mixed Fruit

02

TUESDAY

Super Nachos
Lettuce Salad
Mandarin Oranges

03

WEDNESDAY

Tater tot Casserole
Peas
Bananas

04

THURSDAY

Hot Ham & Cheese
Chips
Steamed Carrots
Pears
Ice Cream Sandwich

05

FRIDAY

Fish sticks
Dinner Roll
Celery w PB
Fruit

06

Chicken Nuggets
Mashed Potatoes
w/gravy
Corn
Peaches

09

Spaghetti
w/meat sauce
Garlic Bread
Green Beans
Pineapple

10

Hamburger Stroganoff
Mixed Vegetables
Pears
Brownies

11

Turkey, Ham & Cheese Wrap
Lettuce Salad
Baked Beans
Applesauce

12

Peanut Butter or
Toasted Cheese Sandwich
Chips
Cucumbers
Fruit

13

Meatballs
Rice
Broccoli w/cheese
Mixed Fruit

16

St. Patrick's Day
Tacos
Lettuce Salad
Mandarin Oranges

17

Chili
Crackers
Celery w/PB
Pears

18

Hot Dog
Buttered Noodles
Cauliflower w/cheese
Bananas

19

Cheese Pizza
Carrots
Chips
Fruit
Cookies

20

Slice of Ham
Hash Browns
Baked Beans
Pineapple

23

Goulash
Peas
Peaches

24

Hamburger on a Bun
French Fries
Mixed Vegetables
Applesauce
Cake

25

Cold Lunch
Pizza making day

26

Cheese Ravioli
Lettuce Salad
Fruit

27

Cold Ham Sandwich
Rice
Steamed Carrots
Pears

30

Chicken Alfredo
Green Beans
Mandarin Oranges

31



SSAT SCHOOL

MARCH 2026

