



**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



**MONDAY**

Corn Chowder Soup  
Bologna & Cheese Sandwich  
Baby Carrots w/dip  
Oranges

02

**TUESDAY**

Chicken Pot Pie  
Cali Blend Veggies  
Fruit Cocktail

03

**WEDNESDAY**

Taco on a Plate  
Fiesta Corn  
Grapes

04

**THURSDAY**

Lasagna Bake  
Green Beans  
Breadsticks  
Peaches

05

**FRIDAY**

Pepperoni/Cheese Pizza  
Coleslaw  
½ Apple  
Brownies

06

Knoephla Soup  
Chicken Salad Wraps  
Celery Sticks w/dip  
Pears

09

BBQ Chicken Ranch Pasta  
Green Beans  
Oranges

10

Mini Corn Dogs  
Kraft Mac & Cheese  
Baby Carrots w/dip  
Fruit Cocktail

11

Cavatini  
Corn  
Breadsticks  
Grapes

12

**No School**

13

**No School**

16

Chicken & Rice Casserole  
Steamed Broccoli  
½ Apple  
Special Treat

17

Sloppy Joes on Bun  
Potato Wedges  
Baby Carrots w/dip  
Pears

18

Beef Enchiladas  
Spanish Rice  
Corn  
Peaches

19

Ham & Sausage Egg Bake  
French Toast Sticks  
½ Banana

20

Cowboy Veggie Soup  
Ham & Cheese Sandwich  
Broccoli w/dip  
Oranges

23

Chicken Alfredo w/noodles  
Cali Blend Veggies  
Fruit Cocktail

24

Bacon Cheeseburger  
Stromboli  
Coleslaw  
Peaches

25

Ham & Scalloped Potatoes  
Green Beans  
Dinner Roll  
Pears

26

Pepperoni/Cheese Pizza  
Potato Salad  
½ Apple  
Cookie

27

Tomato Soup  
Grilled Cheese Sandwich  
Celery Sticks w/dip  
Grapes

30

Chicken Tenders  
Rice Pilaf  
Corn  
Peaches

31



Apple Creek Elementary

**MARCH 2026**