

MARCH 2023

Harris County School District- Elementary

LUNCH



School Information: Milk is offered daily for lunch and breakfast. Menu is subject to change based on product availability.

"THIS INSTUTION IS AN EQUAL OPPORTUNITY PROVIDER"



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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Manager's Choice

Hamburger
Chicken Tenders
Tater Tots
Green Beans
Fruit

Beef Nachos
Chicken Nachos
Salsa
Corn
Beans
Fruit

Manager's Choice

Country Steak w/Gravy
Baked Chicken
Mash Potatoes
Green Beans
WG Roll
Fruit

NO SCHOOL

Crispy Chicken Sandwich
Hotdogs
Fries
Baked Beans
Fruit

Spaghetti
Chicken Alfredo
Garden Salad
WG Garlic Toast
Carrots
Fruit

Manager's Choice

Oven Fried Chicken
Salisbury Steak w/Rice
Sweet Potatoes
Turnip Greens
WG Roll
Fruit

St. Patrick's Day
Chicken Nuggets
Pizza
Curly Fries
Celery
Fruit

Corndogs
Meatball Subs
Curl Fries
Red Peppers
Sweet Potatoes
Fruit

Beef Fajita
Chicken Fajita
Salsa
Beans
Corn
Fruit

Manager's Choice

Country Steak w/Gravy
Baked Chicken
Mash Potatoes
Green Beans
WG Roll
Fruit

Pizza
Hotdogs
Tater Tots
Carrots
Fruit

Chicken Tender
Hotdogs
Curly Fries
Broccoli & Cheese
Fruit

Beef Nachos
Chicken Nachos
Salsa
Corn
Beans
Fruit

Manager's Choice

Oven Fried Chicken
Salisbury Steak w/Rice
Sweet Potatoes
Turnip Greens
WG Roll
Fruit

Chicken Nuggets
Pizza
Curly Fries
Sweet Potatoes
Fruit