



School Information: Roland-Story CSD is an equal opportunity provider/employer.



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 salmon.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

Milk offered daily:

White, Chocolate, and Strawberry Skim Milk
White 1% Milk

TUESDAY

Pulled Pork Nachos
Corn
Mixed Fruit
Milk

WEDNESDAY

Fish Sandwich
Peas and Carrots
Peaches
Milk

THURSDAY

Ham & Cheese Sub
Baby carrots
Pineapple
Milk

FRIDAY

Chicken Tenders
Green Beans
Pears
Milk

French Bread Pizza
Peas
Applesauce
Milk

Pull Apart Cheesy
Southwest Queso
Bread
Green Beans
Apricots
Milk

French Toast Sticks
Sausage Links
Hash Brown
Peaches
Milk

BBQ Chicken Sandwich
Fries
Pineapple
Milk

Hot Dog
Baked Beans
Pears
Milk

**SPRING BREAK
NO SCHOOL**

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Crispy Chicken
Sandwich
Sliced Carrots
Pears
Milk

Nacho Bites
Corn
Peaches
Milk

Teriyaki Chicken
Rice
Pacific Blend Veggies
Mandarin Oranges
Milk

Turkey & Bacon Pita
Baby Carrots
Mixed Fruit
Milk

Pull Apart Cheddar &
Garlic Bread
Marinara
Romaine Salad
Warm Apple Slices
Milk

Corndog
Mixed Vegetables
Applesauce
Milk

Beef & Cheese Taco
Stick
Green Beans
Pineapple
Milk

Peperoni Pizza
Romaine Salad
Peaches
Milk

Cheeseburger
Baked Beans
Pears
Milk

