

MARCH 2023

CLARK SCHOOL DISTRICT

LUNCH



All lunches are served with a fresh fruit and vegetable bar and milk.
All menus are subject to last minute changes.



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

Chicken Nuggets

TUESDAY



Tater Tot Hotdish

WEDNESDAY

Pulled Pork
WG Bun
Potato Salad

THURSDAY

Chicken Alfredo
Breadstick
Veggies

FRIDAY

Italian Dumkers
Maranara Sauce
Veggies

Breaded Beef Patty
Mashed Potatoes
Gravy

6

Chicken Patty/Bun
Veggies

7

Sub Sandwich
Soup
Veggies

8

Chili
Cinnamon Roll
Steamed Veggies

9

NO SCHOOL
Teacher Inservice

10

Super Nachos

13

Scalloped Potatoes
Ham
Veggies
Bread and butter

14

Pizza
Steamed Veggies

15

SENIOR CHOICE
HAMBURGERS

16

St. Patrick's Day
NO SCHOOL

17

Chicken Fajita
Rice Bowl

20

SENIOR CHOICE
TANGERINE CHICKEN

21

SENIOR CHOICE
BEEF SLIDERS

22

SENIOR CHOICE
TATER TOT HOTDISH

23

Tomato Soup
Grilled Cheese
Veggies

24

Chicken Strips
Rotini
Baked Beans

27

SENIOR CHOICE
LASAGNA

28

SENIOR CHOICE
CRISPITOS

29

SENIOR CHOICE
HAM PATTY/BUN

30

Italian Dunkers
Maranara Sauce
Veggies

31