

# MARCH 2024

## MARTIN LUTHER KING JR ELEMENTARY SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENUS ARE SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY				1 Chicken Nuggets w/roll Baked Fries Grape tomatoes
4 Hot Dogs Baked Beans Cole Slaw	5 Chicken Taco Salsa cup Pinto Beans	6 SUPERINTENDENT CONFERENCE DAY NO SCHOOL	7 Beef Burgers Tator Tots Roasted honey cinnamon chick peas	8 Quesadilla Roasted Zucchini Arugula Salad
11 Mozzarella Sticks Roasted Broccoli Baby Carrots	12 Chicken Fajita over rice Cauliflower popcorn Slice carrots	13 <u>Brunch for Lunch</u> Chicken & Waffle Sandwich Hash Brown Cucumber Salad	14 Turkey Soft taco Salsa cup Shredded Lettuce & Tomato	15 Pizza Calzone Marinara Sauce Garden Salad
18 Grilled Cheese Grape tomatoes Celery Sticks	19 BBQ Chicken Sandwich Baked beans Corn	20 Mac N Cheese Sweet Red Peppers Hummus	21 Chicken Nuggets w/Garlic breadstick Fries	22 Big Daddy's Pizza Slice Broccoli Rabe Green beans
25 Cheese Stuffed Bread sticks Marinara Sauce Roasted Squash	26 <u>Brunch for Lunch</u> Chicken Sausage, egg & cheese Sandwich Baked Fries Corn Salad	27 Chicken Nuggets w/rice Bean salad Roasted Carrots	28 SCHOOL CLOSED	29 SCHOOL CLOSED

Start your day the right way!

Our whole grain breakfast options include:

Bagels, donuts, assorted muffins, assorted cereals and breakfast sandwiches with a choice of fruit or juice and two varieties of milk.

### Smart Snacks Sold Daily

Prices range from **50¢ - \$2.00**

Add funds to your scholar's account via cash or check at the register.

### Meal Components

Meat/  
Meat alternative

1 oz. daily

9 oz. weekly

Whole Grain

1 oz. daily

8 oz. weekly

Vegetables

3/4 cup daily

Fruit

1/2 Cup daily

Milk

8 oz. milk

choice of :

1% unflavored or

Fat Free Chocolate

USDA Regulations

Student s must take

### Daily Alternates

1. Sun butter &  
jelly sandwich  
w/ graham  
crackers

2. Deli  
sandwich

3. Cheese  
Sandwich