

# MARCH 2024

## SEDALIA SCHOOL DISTRICT

### LUNCH



**MENU FOR: LOFTUS EARLY CHILDHOOD  
ALL ELEMENTARIES  
SMS  
MILK VARIETY OFFERED DAILY**



**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



**CHICKEN NACHOS  
REFRIED BEANS  
COOKED CARROTS  
APPLESAUCE**

4

**SPAGHETTI  
TEXAS TOAST  
GREEN BEANS  
MIXED FRUIT**

5

**POPCORN CHICKEN  
RICE PILAF  
TOSSED SALAD  
FRUIT CUP**

6

**ROASTED TURKEY  
HOT ROLL  
MASHED POTATOES  
SEASONED PEAS  
PEARS**

7

**NO SCHOOL  
TEACHER WORK DAY**

8

**CHEESEBURGER ON  
WHOLE GRAIN BUN  
FRENCH FRIES  
BROCCOLI  
PEARS**

11

**BEEF NACHOS WITH  
SPANISH RICE  
MEXICAN BEANS  
BAKED APPLES**

12

**MINI CORN DOGS  
CORN  
BABY CARROTS  
APPLESAUCE**

13

**CHICKEN PATTY  
MASHED POTATOES  
GREEN BEANS  
SLICED  
STRAWBERRIES**

14

**NO SCHOOL**

15

**SPRING  
BREAK**

18

**SPRING  
BREAK**

19

**SPRING  
BREAK**

20

**SPRING  
BREAK**

21

**SPRING  
BREAK**

22

**CHICKEN TENDERS  
CORN  
CELERY STICKS  
APPLESAUCE**

25

**CHEESY CHICKEN  
TEXAS TOAST  
GLAZED CARROTS  
TOSSED SALAD  
PEARS**

26

**SLOPPY JOE  
FRENCH FRIES  
CHEESY BROCCOLI  
PEACHES**

27

**BEEF STEAK FRITTER  
MASHED POTATOES  
GREEN BEANS  
FROZEN JUICE CUP**

28

**No School  
Good Friday**

29