

MARCH 2023

BELMONT HARRISON CAREER CENTERS

LUNCH



School Information: THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. MENU SUBJECT TO CHANGE WITHOUT NOTICE



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



Mardi Gras Festival 1
JOHNNY MARZETTI
SIDE SALADS
FRUIT
MILK

CHICKEN NOODLE SOUP 2
 SOFT PRETZELS
 FRUIT
 MILK

NO SCHOOL 3

BACON CHEESE BURGER 6
 GREEN BEANS
 FRUIT MILK

National Cereal Day 7
 FIESTA PIZZA
 CORN
 REFRIED BEANS
 FRUIT MILK

PHILLY CHEESE STEAK & 8
 PIEROGIES
 CARROT STICKS AND DIP
 FRUIT
 MILK

PULLED PORK SANDWICH 9
 BAKED BEANS
 COLESLAW
 FRUIT, MILK

BREADSTICKS 10
 BROCCOLI AND CHEESE
 FRUIT
 MILK

NO SCHOOL 13

TACO IN A BAG 14
 CORN
 REFRIED CHEESE
 FRUIT
 MILK

MEATBALL SUBS 15
 GREEN BEANS
 CARROT STICKS AND DIP
 FRUIT, MILK

BRUNCH FOR LUNCH 16
 SAUSAGE GRAVY OVER BISCUITS
 HASH BROWNS
 FRUIT
 MILK

St. Patrick's Day 17
 PIZZA
 CALIFORNIA BLEND
 FRUIT
 MILK

RODEO BURGER 20
 ONION RINGS
 CARROT STICKS AND DIP
 FRUIT, MILK

QUESADILLA 21
 CORN
 REFRIED BEANS
 FRUIT
 MILK

ORANGE CHICKEN 22
 VEGETABLE STIR FRIED RICE
 MIXED VEGETABLES
 FRUIT MILK

ASSORTED BONELESS 23
 CHICKEN WINGS
 POTATO WEDGES
 FRUIT
 MILK

CALZONES 24
 BROCCOLI AND CHEESE
 FRUIT
 MILK

27
 CHICKEN PATTY SANDWICH
 MIXED VEGETABLES
 FRUIT
 MLK

SLOPPY NACHO 28
 CORN
 REFRIED BEANS
 FRUIT
 MILK

PHILLY CHEESE STEAK SUBS 29
 FRENCH FRIES
 FRUIT
 MILK

CHILI CHEESE TATER TOT 30
 BOWL
 FRUIT
 MILK

BREADSTICKS 31
 CALIFORNIA BLEND
 FRUIT
 MILK

