

Lunch March 2024

St. John the Evangelist Regional Catholic School

Monday

Tuesday

Wednesday

Thursday

Friday

4
 Dutch Waffle
 (1) Egg (1) Sausage Patty
 Hash Browns
 Celery Sticks/WOW Butter
 Pineapple Tidbits or Orange
 Low Fat or Nonfat Milk

5
 Walking Tacos
 WG 1oz Pretzel Rod
 Refried Pinto Beans
 Broccoli Florets/LF Dressing
 Diced Peaches or Fresh Pear
 Low Fat or Nonfat Milk

6
 "Gold Creek" Chicken Nuggets
 WG Dinner Roll
 Smiley Fries
 Baby Carrots/Low Fat Dressing
 Mandarin Oranges/Sliced Apples
 Low Fat or Nonfat Milk

7
 Tortellini & Spaghetti Sauce
 WG Garlic Knot
 Savory Green Beans
 Romaine Salad/Low Fat Dressing
 Diced Pears or Fresh Apple
 Low Fat or Nonfat Milk

1
 Manager's Choice
 Fruit
 Vegetable
 Low Fat or Nonfat Milk

8
 Pierogies
 WG Stuffed Mozzarella Bread Stick
 Sweet Peas/Cucumber & LF Dressing
 Mixed Fruit or Peach Cup
 Low Fat or Nonfat Milk

11
 Bacon Cheeseburger
 Baked Beans
 Cauliflower Florets/Low Fat Dressing
 Canned Apple Sauce or Orange
 Low Fat or Nonfat Milk

12
 Popcorn Chicken Bowl
 Dinner Roll
 Whipped Potatoes or Sweet Corn
 Cherry Tomato Cup/Low Fat Dressing
 Diced Peaches or Fresh Pear
 Low Fat or Nonfat Milk

13
 Sloppy Joe on WG Bun
 Sweet Potato Crinkle Cut Fries
 Baby Carrots/Low Fat Dressing
 Mandarin Oranges/Sliced Apples
 Low Fat or Nonfat Milk

14
 Lasagna Rollup w/Marinara Sauce
 WG Garlic Texas Toast
 Steamed Broccoli
 Romaine Salad/Low Fat Dressing
 Diced Pears or Strawberry Cup
 Low Fat or Nonfat Milk

15
 Big Daddy Cheese Pizza
 Diced Carrots
 Fresh Pepper Strips/Low Fat Dressing
 Applesauce Cup or Banana
 Low Fat or Nonfat Milk

18
 Bosco Sticks
 w/ Marinara Sauce Cup
 Mixed Vegetables
 Celery Sticks/Pizza Hummus
 Pineapple Tidbits or Orange
 Low Fat or Nonfat Milk

19
 Buffalo Chicken Dip &
 Nacho Chips & WG 1oz Pretzel Rod
 Refried Pinto Beans
 Broccoli Florets/LF Dressing
 Diced Peaches or Fresh Pear
 Low Fat or Nonfat Milk

20
 Chicken Patty on Bun
 Seasoned Fries
 Baby Carrots/Low Fat Dressing
 Mandarin Oranges/Sliced Apples
 Low Fat or Nonfat Milk

21
 Baked Sliced Ham
 WG Dinner Roll
 Sweet Potato Tots/Side Salad
 Diced Pears or Fresh Apple
 Low Fat or Nonfat Milk

22
 Fish Nugget Tacos
 Savory Green Beans
 Creamy Cole Slaw/Low Fat Dressing
 Mixed Fruit or Peach Cup
 Low Fat or Nonfat Milk

25
 Tangerine Chicken Bowl
 Vegetable Fried Rice
 California Blend Vegetables
 Cauliflower Florets/Low Fat Dressing
 Canned Apple Sauce or Orange
 Low Fat or Nonfat Milk

26
 Nachos Grande w/Taco Beef
 Crispy Tater Tots
 Bean & Corn Salad/Low Fat Dressing
 Diced Peaches or Fresh Pear
 Low Fat or Nonfat Milk

27
 Beef Barbacoa &
 WG Dinner Roll Whipped
 Potatoes
 Baby Carrots/Low Fat Dressing
 Mandarin Oranges/Sliced Apples
 Low Fat or Nonfat Milk

28
 No School - Easter Break



Fresh fruits & vegetables may include: (Take up to 2 fruits & 2 vegetables) **Apple, Orange, Banana, Grapes**-- Asst. Canned Fruit & Additional fresh vegetables may include, **Baby Carrots, Broccoli, Chick Peas, Grape Tomatoes, Romaine Salad, Cucumber Slices, Celery Sticks & Cauliflower** * **Grain/Breads:** Half of all grain items are "whole grain rich", per the USDA regulations.

To qualify as a free lunch, students must take **3, 4 or 5 items, Meat/Meat Alternate, Grain/Bread, Vegetable, Fruit, Milk**, of which **1 must be a fruit or vegetable**. Students taking required meal components receive lunch at no cost, otherwise per regulations, ala carte prices are in effect. Smart Snacks available for purchase, payable at www.schoolcafe.com, check or cash. **IN ACCORDANCE WITH FEDERAL LAW AND U.S. DEPARTMENT OF AGRICULTURE POLICY, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE OR DISABILITY. TO FILE A COMPLAINT OF DISCRIMINATION, WRITE USDA, DIRECTOR, OFFICE OF CIVIL RIGHTS, ROOM 326-W, WHITTEN BUILDING, 1400 INDEPENDENCE AVENUE, SW, WASHINGTON, D.C. 20250-9410 OR CALL (202)-720-5964 (VOICE AND TDD). USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER**