

# MARCH 2023

# FORSYTH PUBLIC SCHOOLS

## LUNCH



### School Lunch Price:

Student K-6	\$2.25
Student 7-12	\$2.50
Reduced K-12	\$0.40
Extra Milk	\$0.40
Adult	\$4.25



**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  
Ham & Cheesy Potatoes  
Fruit/Veggie

Chicken Wings 2  
Fruit/Veggie

Manicotti 3  
Fruit/Veggie

Pulled Pork Sandwich 6  
Fruit/Veggie

Super Nachos 7  
Fruit/Veggie

Chili/Cinnamon Roll 8  
Fruit/Veggie

Soup & Sandwich Bar 9  
Fruit/Veggie

Fish Sticks/Mac & Cheese 10  
Fruit/Veggie

Cheeseburgers 13  
Fruit/Veggie

Burritos 14  
Fruit/Veggie

Bacon Chicken 15  
Noodles  
Fruit/Veggie

Corn Beef 16  
Fruit/Veggie

**St. Patrick's Day** 17  
**VACATION DAY**

Chicken Sandwich 20  
Fruit/Veggie

Soft Shell Tacos 21  
Fruit/Veggie

Pizza 22  
Fruit/Veggie

Beef Tips & Noodles 23  
Fruit/Veggie

Fish Filet Sandwich 24  
Fruit/Veggie

Chicken Pot Pie 27  
Fruit/Veggie

Tamales 28  
Fruit/Veggie

Mandarin Orange 29  
Chicken  
Fruit/Veggie

Birthday Meal 30  
Corn Dog/Chips  
Fruit/Veggie

**PIR DAY** 31