

# March



## New Castle Area School District Lunch Grade 4 thru 12

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Milk Fruit Assorted sandwiches Whole Wheat Pizza Mash Potatoes With Gravy Chicken Dinner with roll	2 Milk Fruit Assorted sandwiches Chef Salad W/Dressing & Roll Steamed Broc w/ cheese Barbeque Ham Sandwich	3 Milk Fruit Assorted sandwiches Whole Wheat Pizza Baked Potato Meat Loaf Dinner w / Roll	4 Milk Fruit Assorted sandwiches Chef Salad W/Dressing & Roll Steamed Broc with cheese Turkey and Cheese Wraps	5 Milk Fruit Italian Ice Tuna Salad Sandwich Whole Wheat Pizza Cole Slaw Macaroni & Cheese with roll
8	Milk Fruit Ham & Cheese Wrap Whole Wheat Pizza Tossed salad w/ dressing Cabbage and Noodles Whole Grain Chicken Nuggets	9 Milk Fruit Assorted sandwiches Chef Salad W/Dressing & Roll Roasted Potato wedges Ham Sandwich w /lettuce & cheese	10 Milk Fruit Submarine Sandwich Whole Wheat Pizza Tossed salad w/ dressing Spaghetti with meat sauce	11 Milk Fruit Assorted Sandwich Chef Salad W/Dressing & Roll Spanish Rice with beans Carrot Sticks Nachos w/ beef	12 NO SCHOOL TODAY
15	NO SCHOOL TODAY	16 Milk Fruit Turkey and Cheese Wraps Chicken Fajita Salad & Roll w french fries Steamed Broc w/ cheese Chicken Quesadilla	17 Milk ,Fruit Assorted sandwiches Pizza Whole Grain Tossed salad w/ dressing Celery Sticks w ranch Cheeseburger on a Whole Grain Bun  Go for The Greens	18 Milk Fruit Assorted sandwiches Chef Salad W/Dressing & Roll Roasted Potato wedges Ham Sandwich w / lettuce & cheese	19 Milk Fruit Italian Ice Egg Salad Sandwich Whole Wheat Pizza Toasted Cheese Sandwich Hash Brown Fish sandwich
22	Milk Fruit Turkey & Cheese Hoagie Whole Wheat Pizza Vegetable Meatball Sandwich With Cheese	23 Milk Fruit Whole Wheat Pizza Baked Doritos Reduced Fat Vegetable Ham and Cheese Hoagie	24 Milk Fruit Assorted sandwiches Chef Salad W/Dressing & Roll Potato Smiles Chicken Patty on a Whole Grain Bun or Spicy Chicken Sandwich	25 Milk Fruit Ham Sandwich with Cheese Chef Salad W/Dressing & Roll Tossed salad w/ dressing Submarine Sandwich	26 Milk Fruit Tuna Salad Sandwich Whole Wheat Pizza Vegetable Macaroni & Cheese with roll
29	Milk Fruit Assorted sandwiches Whole Wheat Pizza Steamed Broc w/ cheese Barbeque Ham Sandwich	30 Milk Fruit Assorted sandwiches Chef Salad W/Dressing & Roll Scalloped Potatoes Cheeseburger on a Whole Grain Bun	31 Milk Fruit Assorted sandwiches Whole Wheat Pizza Roll Mash Potatoes With Gravy Salisbury Steak	Running, walking, and biking keep your heart strong. A happy, healthy heart pumps blood and oxygen from your head to your toes	



March 14  
Today is the day  
we spring ahead  
so don't forget to  
turn your clock's ahead



What is the  
only common  
vegetable  
that is only  
sold fresh ,  
never canned,  
frozen,  
cooked  
or  
processed in  
any way ?

answer found  
on menu



Eat  
better,Play  
harder,Live  
healthier,  
Learn faster  
WELLNESS  
IS A WAY OF

Meat / Meat alternate  
Bread  
Fruit & Vegetable  
Milk  
You must take 3 items  
to qualify for a school

Menus subject to change