

# MARCH

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| <i>2</i><br><b>Chicken Sliders</b><br>Tater Tots<br>Vegetable<br>Fruit<br>610 cal, 24 protein, 18.5 fat | <i>3</i><br><b>Soft Tacos</b><br>Yellow Rice<br>Black Beans<br>Fruit<br>458 cal, 31.2 protein, 22 fat | <i>4</i><br><b>Spaghetti w/Meatballs</b><br>Breadsticks<br>Vegetable<br>Fruit<br>750 cal, 28 protein, 22.5 fat | <i>5</i><br><b>Popcorn Chicken</b><br>Mashed Potatoes<br>Vegetable<br>Fruit<br>420 cal, 18 protein, 13 fat | <i>6</i><br><b>Pizza</b><br>Vegetable<br>Fruit<br>660 cal, 26 protein, 27 fat  |
| <i>9</i><br><b>Hot Dogs</b><br>Chips<br>Vegetable<br>Fruit<br>720 cal, 21 protein, 42 fat               | <i>10</i><br><b>Nachos w/Beef or Cheese</b><br>Vegetable<br>Fruit<br>308 cal, 22.2 protein, 28 fat    | <i>11</i><br><b>Chicken Nuggets</b><br>Mashed Potatoes<br>Vegetable<br>Fruit<br>480 cal, 18 protein, 20 fat    | <i>12</i><br><b>Corn Dogs</b><br>Mac and Cheese<br>Vegetable<br>Fruit<br>680 cal, 22 protein, 28 fat       | <i>13</i><br><b>Pizza</b><br>Vegetable<br>Fruit<br>660 cal, 26 protein, 27 fat |

## SPRING BREAK

|  |  |   |   |  |
|--|--|---|---|--|
| <i>23</i><br><b>Burger Sliders</b><br>Fries<br>Vegetable<br>Fruit<br>560 cal, 17 protein, 24 fat         | <i>24</i><br><b>Soft Tacos</b><br>Yellow Rice<br>Black Beans<br>Fruit<br>458 cal, 31.2 protein, 22 fat | <i>25</i><br><b>Spaghetti w/Meatballs</b><br>Breadsticks<br>Vegetable<br>Fruit<br>750 cal, 28 protein, 22.5 fat | <i>26</i><br><b>Popcorn Chicken</b><br>Mashed Potatoes<br>Vegetable<br>Fruit<br>420 cal, 18 protein, 13 fat | <i>27</i><br><b>Pizza</b><br>Vegetable<br>Fruit<br>660 cal, 26 protein, 27 fat |
| <i>30</i><br><b>Chicken Sliders</b><br>Tater Tots<br>Vegetable<br>Fruit<br>610 cal, 24 protein, 18.5 fat | <i>31</i><br><b>Nachos w/Beef or Cheese</b><br>Vegetable<br>Fruit<br>308 cal, 22.2 protein, 28 fat     |   |   |  |

Nutrition content based on broccoli as vegetable and strawberry as fruit.