

MARCH 2024

Saint Bernadette Catholic School

DAILY ALTERNATE LUNCH OPTION:

PB&J Sack Lunch (includes Uncrustable on Whole Wheat Bread, WG Goldfish Crackers, Low-fat string cheese, Craisins, and Milk)

Monday

Tuesday

Wednesday

Thursday



Friday

MARCH BIRTHDAY TREAT



Alfredo Pasta Bake - WG WG Breadstick Steamed Broccoli Salad Fresh Fruit



Chicken Nuggets - WG Green Beans Salad Fresh Fruit

FIELD TRIP TO ALLEY PARK (Bring a sack lunch or preorder one from the cafeteria)

DOMINO'S Smart Slice Pizza Peas Salad 100% Fruit Slushie Cup

6

13

Hot dog on WG Bun Oven Baked Fries Salad Fresh Fruit

Cheesy Garlic French Bread - WG Marinara Sauce Oven Roasted Broccoli Salad

Fresh Fruit

SPRING BREAK NO SCHOOL

BRUNCH FOR LUNCH

Mini Pancakes - WG

Sausage

Sweet Potato Fries

Salad

Fresh Fruit

Corndog - WG

Baked Beans

Salad

Fresh Fruit

Chicken Patty Sandwich on WG Bun Lettuce/Tomato/Pickle Spear Green Beans Salad Fresh Fruit

20

DOMINO'S Smart Slice Pizza Oven Roasted Broccoli Salad 100% Fruit Slushie Cup

Fish Sandwich on WG Bun Cheese/Lettuce/Pickle Spear Tater Tots Salad

Cheeseburger on WG Bun Lettuce/Tomato/Pickle Spear Potato Smiles Salad Fresh Fruit

DOMINO'S Smart Slice Pizza **Glazed Carrots** Salad 100% Fruit Slushie Cup

HOLY THURSDAY NOON DISMISSAL

Taco in a Bag - WG Fritos

Salsa/Sour Cream

Black Beans

Salad

Fresh Fruit

Chicken Nuggets - WG Green Beans Salad Fresh Fruit

GOOD FRIDAY NO SCHOOL

Fresh Fruit

Student Lunch \$3.25 Adult Lunch (w/o milk) \$4.00 A la Carte .75 - \$2.00 Milk .50

ALL LUNCHES INCLUDE FRESH FRUIT & VEGGIE BAR, NON-FAT CHOCOLATE MILK OR 1% WHITE MILK.

Every item we serve meets or exceeds the strict USDA requirements for school nutrition. A complete lunch consists of Protein (meat/meat alternative), Grain (must be at least 80% whole grain for the week), Fruit, Vegetable, and Milk. Students are encouraged to take ALL five components of a complete lunch, but they MUST take at least three components with at least one of those being a fruit or vegetable

