

# MARCH 2023

# Renaissance Public School Academy

# LUNCH



**Crispy Chicken Salad with a choice of milk is always available.**



**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

**Milk Choices are:**  
**1%**  
**Fat Free White**  
**Or Chocolate**

Cheeseburger  
 Baked beans  
 Fruit  
 Choice of milk

Beef and bean chili  
 Goldfish Cracker  
 Fruit  
 Choice of milk

Cheeseburger  
 Baked Beans  
 Fruit  
 Choice of milk

No School

27

## TUESDAY



Beef Taco Stick  
 Baby carrots  
 Fruit  
 Choice of milk

Pop Corn Chicken  
 Carrots  
 Fruit  
 Choice of milk

Beef Taco Stick  
 Baby carrots  
 Fruit  
 Choice of milk

No School

28

## WEDNESDAY

Domino's Pizza  
 Iceberg Salad Blend  
 Fruit  
 Choice of milk

Domino's Pizza  
 Iceberg Salad Blend  
 Fruit  
 Choice of milk

Domino's Pizza  
 Iceberg Salad Blend  
 Fruit  
 Choice of milk

Domino's Pizza  
 Iceberg Salad Blend  
 Fruit  
 Choice of Milk

No School

29

## THURSDAY

French Toast Sticks  
 Turkey sausage  
 Hash Browns  
 Apple sauce  
 Syrup  
 Choice of milk

Pancakes with syrup  
 Turkey Sausage  
 Hash brown rounds  
 Apple sauce  
 Choice of milk

French Toast Sticks  
 Turkey Sausage  
 Hash Browns  
 Apple Sauce  
 Syrup  
 Choice of milk

Pancakes with syrup  
 Turkey Sausage  
 Hash brown rounds  
 Apple sauce  
 Choice of milk

No School

30

## FRIDAY

Turkey and cheese Sub  
 Romaine Salad  
 Fruit  
 Choice of milk

Ham and Cheese wrap  
 Iceberg salad blend  
 Fruit  
 Choice of milk

Turkey and cheese Sub  
 Romaine Salad  
 Fruit  
 Choice of milk

Ham and cheese wrap  
 Iceberg salad blend  
 Fruit  
 Choice of milk

No School

31

# MARCH 2023

## Renaissance Public School Academy

### BREAKFAST



**National School Breakfast Week is March 7 – 11.** Check with your school nutrition team to see how you can celebrate National School Breakfast Week at your school this year!

#### MONDAY

**Milk Choices are:  
1%**

**Fat Free White  
Or Chocolate**

Assorted Cereal  
Fruit & Fruit Juice  
Choice of milk

Assorted Cereal (GW)  
Fruit & Fruit Juice  
Choice of milk

Assorted Cereal  
Fruit & Fruit Juice  
Choice of milk

No School

#### TUESDAY



Muffins  
Fruit & Fruit Juice  
Choice of milk

Pop-tart  
Fruit & Fruit Juice  
Choice of milk

Muffins  
Fruit & Fruit Juice  
Choice of milk

No School

#### WEDNESDAY

Muffin  
Fruit & Fruit Juice  
Choice of milk

Granola Bar & Yogurt  
Fruit & Fruit Juice  
Choice of milk

Muffins  
Fruit & Fruit Juice  
Choice of milk

Granola Bar & Yogurt  
Fruit & Fruit Juice  
Choice of milk

No School

#### THURSDAY

Assorted Cereal  
Fruit & Fruit Juice  
Choice of milk

Pop-tarts  
Fruit & Fruit Juice  
Choice of milk

Assorted Cereal  
Fruit & Fruit Juice  
Choice of milk

Assorted Cereal  
Fruit & Fruit Juice  
Choice of milk

No School

#### FRIDAY

Oatmeal Rounds  
Fruit & Fruit Juice  
Choice of milk

NutriGrain Bar  
Fruit & Fruit Juice  
Choice of milk

Oatmeal Rounds  
Fruit & Fruit Juice  
Choice of milk

NutriGrain Bar  
Fruit & Fruit Juice  
Choice of milk

No School

3

10

17

24

31

2

9

16

23

30

1

8

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22

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21

28

6

13

20

27