

MARCH 2022

BETHLEHEM HIGH SCHOOL

LUNCH



**SERVED DAILY: MILK, FRUIT, AND
CONDIMENTS AS NEEDED.**



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 salmon.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Chicken Sandwich
Fries
Lettuce **1**

Beef and Cheese Taco
Black Beans
Corn **2**

BBQ Sandwich
Mac & Cheese
Steamed Broccoli **3**

Grilled Cheese
Chips
Cauliflower w/ Ranch
Side Salad w/ Ranch **4**

Pizza
Corn
Side Salad w/ Ranch **7**

Hamburger
Fries
Lettuce/Tomato **8**

Fajita Soup
Doritos
Carrots w/ Ranch **9**

BBQ Boneless Wings
Baked Potato
Cauliflower w/ Ranch
Cookie **10**

Cheesy Chicken Pasta
Green Beans
Garlic Bread **11**

Salisbury Steak
Baked Potato
Cauliflower w/ Ranch **14**

Chicken Sandwich
Fries
Lettuce **15**

Quesadilla
Black Beans
Corn **16**

St. Patrick's Day
Pizza
Broccoli w/ Ranch
Spring Salad w/ Ranch
Green Pudding **17**

EARLY RELEASE
PBNJ & Cheese Stick
Chips
Carrots w/ Ranch **18**

SPRING BREAK **21**

SPRING BREAK **22**

SPRING BREAK **23**

SPRING BREAK **24**

SPRING BREAK **25**

Mini Corn Dogs
Mac & Cheese
Carrots w/ Ranch **28**

Chicken Sandwich
Fries
Lettuce **29**

Cheesy Chicken
Doritos
Black Beans
Corn **30**

BBQ Boneless Wings
Baked Potato
Cauliflower w/ Ranch
Cookie **31**

