

# March 2018

## Charlo School District 7J

### LUNCH



**School Information:** March 9<sup>th</sup> – Parent Teach Conferences – No School  
 March 11<sup>th</sup> – Daylight Saving – Spring Forward one hour  
 March 23<sup>rd</sup> – End of Quarter  
 March 29<sup>th</sup> – April 2<sup>nd</sup> – Spring Break – No School



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

Spaghetti  
Salad  
Veggie  
Fruit  
Milk **5**

Burgers  
Salad  
Veggie  
Fruit  
Milk **6**

Hot Dogs  
Salad  
Veggie  
Fruit  
Milk **7**

Creamed Chicken over  
Rice  
Salad  
Veggie  
Fruit / Milk **1**

Pulled Pork Sandwich  
Salad  
Veggie  
Fruit  
Milk **2**

Shepherd's Pie  
Salad  
Veggie  
Fruit  
Milk **12**

Chicken Stir Fry  
Salad  
Veggie  
Fruit  
Milk **13**

Frito Boat  
Salad  
Veggie  
Fruit  
Milk **14**

This and That  
Salad  
Veggie  
Fruit  
Milk **8**

No School **9**

Biscuits & Gravy  
Salad  
Veggie  
Fruit  
Milk **19**

Tater Tot Casserole  
Salad  
Veggie  
Fruit  
Milk **20**

Chicken Fajitas  
Salad  
Veggie  
Fruit  
Milk **21**

Pizza Bake  
Salad  
Veggie  
Fruit  
Milk **15**

Chicken Strips  
Salad  
Veggie  
Fruit  
Milk **16**

Steak Fingers  
Salad  
Veggie  
Fruit  
Milk **26**

Teriyaki Chicken Breast  
Over Rice  
Salad  
Veggie  
Fruit / Milk **27**

Uncrustables  
Salad  
Veggie  
Fruit  
Milk **28**

Chicken Noodle Bake  
Salad  
Veggie  
Fruit  
Milk **22**

Burgers  
Salad  
Veggie  
Fruit  
Milk **23**

No School **29**

No School **30**