

# MARCH 2023

## Apple Creek Elementary

### LUNCH



**School Information:**  
Apple Creek Elementary  
2000 93<sup>rd</sup> Street SE  
Bismarck, ND 58504



**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

### TUESDAY

### WEDNESDAY

### THURSDAY

### FRIDAY



Hotdog on a bun  
Baked Beans  
Steamed Broccoli  
½ Orange 1

Tatertot Hotdish  
Green Beans  
Dinner Roll  
Pears 2

Cheese/Pepperoni Pizza  
Salad  
Grapes 3

Corn Chowder Soup  
Ham & Cheese Wraps  
Celery Sticks  
½ Orange 6

Baked Honey Mustard  
Chicken  
Rice Pilaf  
Green Beans  
Grapes 7

Meatloaf w/mashed  
potatoes  
Corn  
Pears 8

Bacon Mac & Cheese  
Broccoli w/dip  
½ Apple 9

French Toast  
Scrambled Eggs  
Sausage  
Peaches 10

Tomato Soup  
Grilled Cheese Sandwich  
Baby Carrots  
½ Apple 13

Fiesta Chicken Pasta  
Steamed Broccoli  
Peaches 14

Taco on a Plate  
Green Beans  
Grapes  
Special St. Pats Treat 15

No School 16

No School 17

Cowboy Veggie Soup  
Turkey & Cheese Wrap  
Brocc/Cauli w/dip  
½ Orange 20

Chicken Strips  
French Fries  
Corn  
½ Apple 21

Sloppy Joe on Bun  
Seasoned Rice  
Baby Carrots w/dip  
Peaches 22

Cheese Ground Beef Pasta  
Roasted Carrots  
Pears 23

Cheese/Pepperoni Pizza  
Salad  
Fruit Cocktail 24

Chicken Noodle Soup  
Chicken Salad Wrap  
Celery Sticks  
Pears 27

Chicken Alfredo &  
Noodles  
Roasted Carrots  
Grapes 28

Mini Corn Dogs  
Waffle Fries  
Baked Beans  
Celery Sticks  
½ Apple 29

Cavatini  
Green Beans  
Bread Sticks  
Peaches 30

French Toast  
Scrambled Eggs  
Sausage  
½ Orange 31