



School Information: This institution is an equal opportunity provider.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Pancakes & sausage
Fruit
Cereal
Juice
Milk

6

Tornado
Cereal
Fruit
Juice
Milk

7

Fruit & yogurt parfait
Toast
Cereal
Fruit
Juice
Milk

8

Biscuits & sausage gravy
Cereal
Fruit
Juice
Milk

9

No school

10

No school

13

No school

14

No school

15

No school

16

St. Patrick's Day
No school

17

Breakfast bagel
Cereal
Juice
Fruit
Milk

20

Oatmeal & toast
Cereal
Fruit
Juice
Milk

21

Breakfast pizza
Cereal
Fruit
Juice
Milk

22

Biscuit & sausage
Cereal
Fruit
Juice
Milk

23

Cinnamon roll
Cereal
Fruit
Juice
Milk

24

Chocolate donut
Cereal
Juice
Fruit
Milk

27

Breakfast bar
Cereal
Fruit
Juice
Milk

28

Blueberry muffin
Cereal
Fruit
Juice
Milk

29

Biscuits & sausage gravy
Cereal
Fruit
Juice
Milk

30

Cinnamon roll
Cereal
Juice
Fruit
Milk

31

MARCH 2023

MOSS PUBLIC SCHOOL

LUNCH



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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



BBQ sandwich **6**
Potato wedges ,beans
Fruit & mlk

Taco soup , salad **7**
Cheese pocket
Fruit & milk

Pizza , salad **1**
Cherry tomatoes
Fruit & milk

Cheeseburger W/ the **2** rks
Fries
Fruit
Milk

Hot turkey sandwich **3**
Potatoes & gravy
Blk. Eyed peas,
Strawberry shortcake ,milk

NO SCHOOL **13**

NO SCHOOL **14**

NO SCHOOL **15**

NO SCHOOL **16**

St. Patrick's Day
NO SCHOOL **17**

Calazone **20**
Salad w/cherry tomatoes
Fruit & milk

Cheeseburger **21**
Fries
Fruit / milk

Chic. fried steak **22**
Potatoes /gravy
Carrots , Roll / milk

Walking taco **23**
Salsa /veg. cup
Fruit & milk

Crispitoes , chips **24**
Salsa /roasted veg.
Yogurt /fruit /milk

Salisbury steak **27**
Potatoes / gravy,roll
Gr. beans , fruit & milk

Buffalo chic. nacho **28**
Salsa ,beans
Fruit & milk

Stromboli ,veg. cup **29**
Fries ,fruit
Milk

Chciken alfredo **30**
Steamed broccoli ,
Carrots mozz. breadstick
Fruit & milk

Philly steak sand. **31**
Tater tots ,pickle
Fruit & milk