



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



LUNCH

MONDAY

TERIYAKI CHICKEN &
RICE
OR
TURKEY SANDWICH **02**

CHICKEN NUGGETS
W/GOLDFISH
OR
TURKEY SANDWICH **09**

MAC & CHS. W/MINI CORN
DOGS
OR
TURKEY SANDWICH **16**

 **23**

CHICKEN NUGGETS
W/GOLDFISH
OR
TURKEY & CHS. SANDWICH **30**

TUESDAY

WHITE BEAN CHILI &
CORN STAR
OR
HAMBURGER **03**

SUB SANDWICH
OR
BURRITO **10**

ENCHILADA
OR
HAMBURGER **17**

ENJOY **24**

SPAGHETTI W/GARLIC
BREAD
OR
CORN DOGS **31**

WEDNESDAY

CHICKEN BURGER
OR
QUESADILLA **04**

NACHOS
OR
CHICKEN W/BAKED
BISCUIT **11**

COOK'S
CHOICE **18**

SPRING **25**



THURSDAY

PIZZA
OR
HAM & CHS.
SANDWICH **05**

PIZZA
OR
HAM & CHS.
SANDWICH **12**

PIZZA
OR
HAM & CHS.
SANDWICH **19**

BREAK **26**



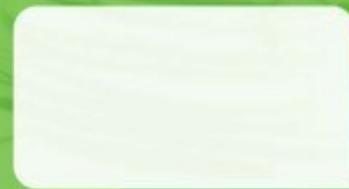
FRIDAY

NO SCHOOL **06**

NO SCHOOL **13**

NO SCHOOL **20**

 **27**



Falconer-Chapman Elementary and Middle School
All meals offer a variety of salad/fruits & milk.

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