



## School Information



**National School Breakfast Week is March 7 – 11.** Check with your school nutrition team to see how you can celebrate National School Breakfast Week at your school this year!

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



### Mardi Gras Festival

1  
SCRAMBLED EGGS W/ SAUSAGE  
HASHBROWNS, TOAST  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

2  
WAFFLES W/ SAUSAGE  
STRAWBERRY CUP  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

3  
BISCUIT AND GRAVY  
HARD BOILED EGG  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

6  
FRENCH TOAST  
BACON  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

7  
**National Cereal Day**  
HOT OR COLD CEREAL  
BANANA BREAD  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

8  
POTATO BOWL: EGGS,  
SAUSAGE AND POTATOS  
TOAST  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

9  
PANCAKES W/ SAUSAGE  
APPLESAUCE CUPS  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

10  
BREAKFAST BURRITO:  
EGGS, CHORIZO AND  
POTATOS  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

13  
WAFFLES W/ SAUSAGE  
STARWBERRY CUP  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

14  
HOT OR COLD CEREAL  
MUFFINS  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

15  
SCRAMBLED EGGS  
W/ HAM & HASHBROWNS  
TOAST  
YOGURT  
BAGEL W/CREAM CHEESE  
FRESH FRUIT AND MILK

16  
FRENCH TOAST W/ BACON  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

17  
**St. Patrick's Day**  
FISH HASH W/ TOAST  
HARD BOILED EGG  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

20  
PANCAKE ON A STICK  
APPLESAUCE CUP  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

21  
HOT OR COLD CEREAL  
DONUTS  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

22  
POTATO BOWL: EGGS,  
BACON & POTATO  
TOAST  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

23  
WAFFLES W/ SAUSAGE  
STRAWBERRY CUP  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

24  
BREAKFAST FRIED RICE  
CEREAL  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

27  
FRENCH TOAST  
BACON  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

28  
HOT OR COLD CEREAL  
CINNAMON ROLL  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

29  
SCRAMBLED EGGS W/  
SPAM & HASHBROWNS  
TOAST  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

30  
PANCAKES W/ SAUSAGE  
APPLESAUCE CUP  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

31  
BISCUIT AND GRAVY  
HARD BOILED EGGS  
YOGURT  
BAGEL W/ CREAM CHEESE  
FRESH FRUIT AND MILK

# MARCH 2023

## Lummi Nation School

### LUNCH



#### School Information:



**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



#### Mardi Gras Festival

CHICKEN DRUMSTICK  
MASHED POTATOES & ROLL  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

1

SWEET AND SOUR CHICKEN  
W/ RICE & BROCCOLI  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

2

HAMBURGERS  
POTATO WEDGES  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

3

MAC & CHEESE W/ HAM  
ROLLS  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

6

**National Cereal Day**  
PIZZA  
PRETZEL W/ CHEESE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

7

CHICKEN NUGGET  
TATER TOTS  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

8

CHILI W/ RICE  
CHEESE BREAD  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

9

CORNDOG W/ CHIPS  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

10

CHICKEN ALFREDO  
BROCCOLI &  
BREADSTICKS  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

13

PIZZA  
PRETZEL W/ CHEESE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

14

CHICKEN STRIPS  
POTATO WEDGES  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

15

NACHOS OR BURRITO  
REFRIED BEANS & RICE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

16

**St. Patrick's Day**  
CHICKEN BURGER  
POTATO WEDGES  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

17

GOULASH W/ A ROLL  
CORN  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

20

PIZZA  
PRETZEL W/ CHEESE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

21

POPCORN CHICKEN  
MASHED POTATOES  
CORN AND A ROLL  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

22

TERIYAKI CHICKEN W/  
RICE & VEGGIE MIX  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

23

HOT DOGS W/ CHILI  
MAC & CHEESE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

24

SPAGHETTI W/ A ROLL  
AND CORN  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

27

PIZZA OR  
PRETZEL W/ CHEESE  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

28

CHICKEN DRUMSTICK  
MASHED POTATOES &  
ROLL, CORN  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

29

SWEET AND SOUR  
CHICKEN W/ RICE AND  
BROCCOLI  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

30

HAMBURGERS W/  
POTATOE WEDGES  
BAKED BEANS  
SANDWICHES  
SALAD BAR  
FRESH FRUIT AND MILK

31