Waukesha Catholic

MCFI

K-8 Hot Lunch



March 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE	Beef Teriyaki WG Brown Rice WG Cracker Baby Carrots with Ranch Seasonal Fruit Choice of Milk	WG Queso Cheesy Pull Apart Salsa Cup Baby Carrots (1/4 c) Seasonal Fruit Choice of Milk	WG Breaded Chicken Breast Fillet BBQ Sauce WG Cornbread with Honey Packet Vegetarian Baked Beans Seasonal Fruit Choice of Milk	WG Cheese Ravioli in Marinara Sauce with Shredded Cheese WG Breadstick Steamed Green Beans Seasonal Fruit Choice of Milk
7 WG Chicken Nuggets BBQ Packet WG Cracker Steamed Vegetables Seasonal Fruit Choice of Milk	8 Salisbury Steak with Brown Gravy WG Dinner Roll with Margarine Mashed Potatoes Seasonal Fruit Choice of Milk	9 NATIONAL MEATBALL DAY Italian Meatball Sub with Shredded Cheese on WG Bun Romaine Salad with Italian Dressing Seasonal Fruit Choice of Milk	Chicken Taco on WG Tortilla With Shredded Cheese Taco Sauce WG Cracker Seasoned Beans Seasonal Fruit Choice of Milk	Early Dismissal
No School	BRUNCH FOR LUNCH Brunch for Lunch French Toast Sticks (3) with Syrup Yogurt Cup Sunset Sip Juice Warm Cinnamon Apples Choice of Milk	WG Chicken Smackers (10) BBQ Packet Assorted WG Graham Cracker Roasted Potatoes Ketchup Packet Seasonal Fruit Choice of Milk	Non-WG Domino's Cheese Pizza Baby Carrots with Ranch Seasonal Fruit Choice of Milk	WG Cheese Pizza Sticks Marinara Sauce Cup Baby Carrots (1/4 c) Seasonal Fruit Choice of Milk
Chicken Corn Dog Ketchup Packet Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	Beef and Cheese Burrito Taco Sauce Packet Steamed Corn Seasonal Fruit Choice of Milk	Swedish Meatballs over Pasta WG Cracker Baby Carrots with Ranch Seasonal Fruit Choice of Milk	Glazed Chicken Leg WG Biscuit with Margarine Vegetarian Baked Beans Seasonal Fruit Choice of Milk	Non-WG Mac and Cheese WG Pretzel Breadstick Steamed Carrots Seasonal Fruit Choice of Milk
No School	Hamburger on WG Bun Ketchup Packet Steamed Green Beans Seasonal Fruit Choice of Milk	30 BRUNCH FOR LUNCH Chicken and Waffles Chicken Smackers (5) WG Waffle or Pancake Pouch Syrup Cup and BBQ Packet Yogurt Cup or String Cheese Sunset Sip Juice Seasonal Fruit Choice of Milk	Sloppy Joe on WG Bun Steamed Mixed Vegetables Seasonal Fruit Choice of Milk	



March Nutrition Tip: National Nutrition Month!

March is National Nutrition Month. To celebrate, try getting your family involved in grocery shopping, preparing healthy meals together, and enjoying some good food!

Source: nourishinteractive.com

For family fun ideas, click the QR Code!

This institution is an equal opportunity provider.

