



MARCH | 2023

LIFE Center Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Spring Break

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

- Peanut-Free Wowbutter and Jelly Sandwich^V
- Salad Bar
- Assorted Sandwiches

All Grab & Go meals come with a choice of:

- Low-Fat Milk
- Up to 2 fruits
- Up to 2 veggies

*Must get 1 fruit and/or veggie to make a meal

All entrees come with choices of assorted fruit, fresh vegetables, and low-fat white/flavored milk

Meal Prices:

Breakfast: \$2.25
Lunch: \$3.50
Adult: \$4.80
Extra Milk: \$0.50

27 Beef Teriyaki Dippers
Dinner Roll
Carrots
Fresh Fruit
Choice of Milk

28 Mini Corn Dogs
Cookie
Baked Beans
Fresh Fruit
Choice of Milk

29 Bosco Sticks with
Marinara Sauce
Corn
Fresh Fruit
Choice of Milk

30 Sliced Cheese Pizza
Broccoli
Fresh Fruit
Choice of Milk

31 Chicken Sandwiches
Cucumbers
Fresh Fruit
Choice of Milk