


March Lunch 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Cheese Tomato Soup Baby Carrots Peas Pineapple Mandarin Oranges	2 Big Daddy's Pizza Carrots & Celery Salad Orange Smiles	3 Beef or Fish Tacos Lettuce & Tomatoes Refried Beans Corn Muffin Pears Sorbet Cup	4 Chicken Drumstick Mashed Potatoes Gravy Corn Dinner Roll Fresh Fruit	5 No School
8 No School Spring Break	9 No School Spring Break	10 No School Spring Break	11 No School Spring Break	12 No School Spring Break
15 Chicken Tenders Mashed Potatoes Gravy Broccoli Dinner Roll Pears	16 Hamburger Crinkle Cut Fries Carrots Fresh Fruit Craisins	17 Mini Pancakes Little Smokies Potatoes Cubed Vegetable Juice Applesauce	18 Turkey & Gravy Mashed Potatoes Breadsticks Mixed Vegetables Peaches Cupcake	19 Cheese Bread Marinara Sauce Salad Black Beans Apple Fruit Cup
22 Chicken Patty on a Whole Wheat Bun Salad Peas Potato Smiles Peaches	23 French Toast Sticks Omelet Vegetable Juice Tri Tator Orange Smiles	24 Nachos Mexican Rice Salad Black Beans Fruit Cup	25 Orange Chicken Vegetable Brown Rice Steamed Broccoli Mandarin Oranges Juice Cup	26 Big Daddy's Pizza Salad Baby Carrots Pears Jonny Pops
29 Bosco Sticks Chicken Wild Rice Soup Peas Mandarin Oranges	30 Sub Sandwich Baked Chips Baby Carrots Fresh Fruit	31 Lasagna Roll Ups Bread Sticks Salad Pears Pudding	<p align="center"><u>Employment Opportunities</u></p> <p align="center">Nutrition Services is hiring short hour positions and substitute cooks.</p> <p align="center">Apply online at www.isd622.org</p>	



Menu Notes

- Sandwich available daily at elementary schools.
- Skim white, Skim chocolate and 1% milk available daily with breakfast & lunch.
- Lactose reduced milk available upon written request from parent.
- Denotes Pork 

Meal Prices

Breakfast

Elementary \$1.80
Secondary \$1.80
Adult \$2.00
Milk \$.40

Lunch

Elementary \$2.75
Secondary \$3.00
Adult \$4.10
Milk \$.40

Nutritional information is listed on the district website.

*Menu subject to change without notice.
USDA is an equal opportunity provider and employer.*



School District 622

NORTH ST. PAUL | MAPLEWOOD | OAKDALE

Ready for tomorrow

Nutrition Services 651-748-7530

March Breakfast 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Granola Bar Cereal Fruit Cup Juice Milk	2 Bagel Fruit Cup Juice Milk	3 Long John Donut Fresh Fruit Juice Milk	4 Cereal Hard Boiled Egg Peaches Juice Milk	5 No School
8 No School Spring Break	9 No School Spring Break	10 No School Spring Break	11 No School Spring Break	12 No School Spring Break
15 Pop Tart Cereal Applesauce Juice Milk	16 Cereal String Cheese Banana Juice Milk	17 Yogurt Graham Cracker Juice Milk	18 Whole Wheat Muffin Cereal Mixed Fruit Juice Milk	19 Waffle Strawberries Juice Milk
22 Apple Donut Cereal Mandarin Oranges Juice Milk	23 Snack Bread Peaches Juice Milk	24 Cereal Fresh Fruit Juice Milk	25 Bagel Pears Juice Milk	26 Cinnamon Roll Strawberries Juice Milk
29 Snack Bread Cereal Peaches Juice Milk	30 Cereal Hard Boiled Egg Fruit Cup Juice Milk	31 Yogurt Graham Cracker Juice Milk	Employment Opportunities Nutrition Services is hiring short hour positions and substitute cooks. Apply online at www.isd622.org	

Guidelines for Americans

The Dietary Guidelines is designed to help Americans make healthy choices in their daily lives to help prevent chronic disease and enjoy a healthy diet. The Dietary Guidelines provide evidence-based food and beverage recommendations for Americans ages 2 and older. These recommendations aim to:

- Promote health
- Prevent chronic disease
- Help people reach and maintain a healthy weight

Public health agencies, health care providers, and educational institutions all rely on Dietary Guidelines recommendations and strategies.

The school meal program guidelines align with the Dietary Guidelines.

For more information, visit the website:

<http://health.gov/dietaryguidelines>

Day 1-6 Denotes Six Day Calendar

Visit Nutrition Services on the web:

www.isd622.org/nutritionservices

Find nutritional information, resources, menus, and more!