

Name : March 2023 Progeny Academy K-8 Grades Lunch Menu

Age Group : K-8 Grades

Meal : Lunch

Meal Pattern : NSLP

Week I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	Easier than you think to make and the results are so WORTH IT!		Chicken Tinga Walking Taco	Burrito Bowl	Creamy Mac & Cheese
	We make homemade marshmallows for our Christmas Eve, along with hot chocolate and cookies before bed. We even leave a nice cup of hot cocoa and marshmallows for Santa. Now that our family is older, we still make the marshmallows and enjoy them with adult hot chocolate and use them to make s'mores dip to enjoy while we play a game or watch a movie. - Shannon		Frito Corn Chips, Seasoned Chicken, Fresh Chopped Cilantro	Brown Rice topped w/Seasoned Beef	Bakery Roll
	'Homemade Marshmallows' recipe is on Page 2		Crema & Corn Salsa	Shred Chz, Southwest Slaw	Baby Carrots w Dip
			Banana	Fresh Orange	Crisp Apple
		Honey Grahams & Choice Milk	Choice Milk	Choice Milk	

Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	BBQ Beef Sandwich	Golden Corn Dog w/ Ketchup	Meatball Sub w/Mozzarella	Brunch Lunch	Fresh Hot Pizza
	Sun Chips	Steamed Seasoned Corn	Veggie Crisps	Double Buttermilk Pancakes	Baby Carrots & Dip
	CKC Baked Beans	Chilled Pears	Fresh Greens Salad & Dressing	Homemade Berry Burst Syrup	Crisp Apple
	Cinnamon Apple Slices	Choice Milk	Banana	Fruity Yogurt Cup	Choice Milk
	Choice Milk		Choice Milk	Sliced Cucumbers, Fresh Orange & Choice Milk	

Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	Chicken Nuggets w/ Ketchup	Beef Pretzel Dog	Good Ole Fashioned Hamburger	Mandarin Orange Chicken	Cheese Breadsticks w/ Sauce
	Cheddar Cheese Crackers	Fresh Broccoli & Dip	w/Ketchup	Steamed Brown Rice	Baby Carrots & Dip
	Seasoned Black Beans	Chilled Pears	Baked Cheetos	Sliced Cucumbers & Ranch	Crisp Apple
	Cinnamon Apple Slices	Choice Milk	Steamed Seasoned Corn	Fresh Orange	Choice Milk
	Choice Milk		Banana & Choice Milk	Fortune Cookie & Choice Milk	

Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	Mongolian Meatballs	Brunch Lunch	Greek Nachos ****(Student Favorite)****	Chicken Patty Sandwich	Fresh Hot Pizza
	Steamed Rice	French Toast Sticks & Syrup	Seasoned Meat, Corn Tortilla Chips	Bakery Bun, Ketchup	Steamed Green Beans
	Steamed Seasoned Corn	Baby Carrots w/ Ranch	Tatziki Sauce & Bean Salsa	Fresh Greens Salad & Dressing	Crisp Apple
	Cinnamon Apple Slices	Diced pear	Banana	Fresh Orange	Choice Milk
	Choice Milk	Choice Milk	Choice Milk	Choice Milk	

Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	Mozzarella Burger	Creamy Mac & Cheese	Sesame Chicken	Walking Taco	Cheese Hot Pocket w/ Sauce
	WG Bakery Bun & Ketchup	Vanilla Wafers	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Baby Carrots & Dip
	Cool Ranch Doritos	Fresh Broccoli & Dip	Sliced Cucumbers	w/ Shredded Chz, Lettuce, Cilantro	Crisp Apple
	Steamed Corn, Cinnamon Apple Slices	Diced pear	Banana	Chzy Refried Beans & Fresh Orange	Choice Milk
	Choice Milk	Choice Milk	Fortune Cookie & Choice Milk	Choice Milk	

* Skim and 1% milk choices offered daily.
* All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.
* All Rice/Rice Products listed in the menu are Whole-grain brown rice products.