

1 % White and Nonfat Chocolate Milk offered Daily.

MARCH 2023 NANWALEK LUNCH MENU

This institution is an equal opportunity provider.

Due to Product Availability menu items are subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday



1
Hot Dog
Crinkle Cut Fries
Chilled Peaches
Mixed Berry Cup
Cookie or Bunny Grahams
Vegetable Tray (MD/HS)

6
Chicken Sandwich
Baked Beans
Chilled Pears
Orange Wedges
Vegetable Tray (MD/HS)

1
Enchilada Empanada with Salsa
Cheesy Refried Beans
Corn
Mixed Berry Cup
Assorted Fruit (MD/HS)

2
Popcorn Chicken with Roll
Mashed Potatoes & Gravy
Winter Mix Vegetables
Fresh Apple
Assorted Fruit (MD/HS)

3
Cheeseburger
Tater Tots
Carrots and Ranch
Mango Cup
Assorted Fruit (MD/HS)

13
Grilled Cheese Sandwich
Green Beans
Strawberry Cup
Chilled Pears
Vegetable Tray (MD/HS)

7
Pizza
Steamed Broccoli
Mandarin Orange Cup
Mixed Fruit Cup
(HS - Goldrush Juice Box)

8
Tangerine Chicken
Fried Rice
Carrots with Ranch
Goldrush Juice Box
Mandarin Orange Cup
Assorted Fruit (MD/HS)

9
Breaded Cheese Sticks with Marinara Sauce
Fresh Broccoli and Ranch
Strawberry Cup
Fresh Banana

10
Macaroni Cheese
Green Beans
Celery Sticks
Mixed Fruit Cup
Variety Fruit (MD/HS)
Roll (MD/HS)

20
Corn Pups
Crinkle Cut Fries
Chilled Peaches
Mixed Berry Cup
Vegetable Tray (MD/HS)

14
Taco Snack with Salsa
Cheesy Refried Beans
Corn
Mixed Berry Cup
Assorted Fruit (MD/HS)

15
Taco Snack with Salsa
Cheesy Refried Beans
Corn
Mixed Berry Cup
Assorted Fruit (MD/HS)

16
Popcorn Chicken with Roll
Mashed Potatoes & Gravy
Winter Mix Vegetables
Fresh Apple
Assorted Fruit (MD/HS)

17
NO SCHOOL

27
Grilled Cheese Sandwich
Green Beans
Strawberry Cup
Chilled Pears
Vegetable Tray (MD/HS)

21
Chicken Sandwich
Baked Beans
Chilled Pears
Fresh Apple
Vegetable Tray (MD/HS)

22
Tangerine Chicken
Fried Rice
Carrots with Ranch
Goldrush Juice Box
Mandarin Orange Cup
Assorted Fruit (MD/HS)

23
Breaded Cheese Sticks with Marinara Sauce
Fresh Broccoli and Ranch
Apple Sauce Cup
Fruit / Vegetable Tray (MD/HS)

24
Macaroni Cheese with Roll (MD/HS)
Green Beans
Celery Sticks
Fresh Apple
Variety Fruit (MD/HS)

28
Pizza
Steamed Broccoli
Goldrush Juice Box
Mandarin Orange Cup
(HS - Goldrush Juice Box)

29
Empanada with Salsa
Cheesy Refried Beans
Corn
Mixed Berry Cup
Assorted Fruit (MD/HS)

29
Empanada with Salsa
Cheesy Refried Beans
Corn
Mixed Berry Cup
Assorted Fruit (MD/HS)

30
Popcorn Chicken with Roll
Mashed Potatoes & Gravy
Winter Mix Vegetables
Fresh Apple
Assorted Fruit (MD/HS)

31
Cheeseburger
Tater Tots
Carrots and Ranch
Applesauce Cup
Assorted Fruit (MD/HS)

2022/2023 SY. MEAL PRICES FOR LUNCH
Student approved for Reduced Meals: Lunch \$.40
Full Pay Students Meal: K-6th grades \$3.50
Full Pay Students Meal: 7th - 12th grades \$4.00

Go to <http://mealapp.kpbsd.org> to apply for Free/Reduced meal benefits, or for more information please contact your local school or Student Nutrition office at 907-714-8890