



MARCH | 2023



Pellston MS/HS Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27  6 Original or Spicy Chicken Patty WG Bun French Fries Baked Beans <i>VEG: PB Patty</i>	28 7 Pellston Bowl: Popcorn Chicken Mashed Potatoes Gravy, Corn Dinner Roll <i>VEG: PB "chicken"</i>	1 Beef or Chicken Nachos Street Corn Corn & Black Bean Salad <i>Veg: Bocca Nachos</i>	2 ½ Day Chef's Choice <i>Veg: Options Available</i>	3 No School
13 Cheeseburger WG Bun Potato Wedges Roasted Carrots <i>VEG: PB Burger Patty</i>	14 Sesame Chicken Fried Rice Egg Roll <i>VEG: PB mea/Veg Egg Roll</i>	8 Sub Sandwich Day *Turkey *Ham *Salami *ALL the veggies <i>VEG: PB meat & cheese</i>	9 HM Mac & Cheese Polish Sausage Roasted Broccoli <i>VEG: Mac & Cheese</i>	10 French Bread Pizzas 
20 Chicken Wings Tater Tots Baked Beans <i>VEG: PB "Chicken"</i>	21 Country Fried Steak Mashed Potatoes & Gravy Corn <i>VEG: PB "meat"</i>	15 Cheese Quesadilla Mexican Rice Refried Beans <i>VEG: Bocca Tacos</i>	16 Spaghetti w/meat sauce California Blend Veggies <i>VEG: Spaghetti Marinara</i>	17 National Corn Dog Day! Spinach Salad St. Patrick's Day Treat <i>VEG: PB Corn Dog</i>
27 Eating consistently, every 3-4 hours can help regulate blood sugar, help your stomach digest optimally, can keep you from overeating, & keeps energy levels consistent. Healthy snacks in between meals, especially for growing children, can add much needed nutrients and provide a natural boost of energy.			23 Hot Pretzels & Cheese 	24 Spring Break Starts 

News

Lunch is FREE to ALL students!!

Offered at each lunch:

- *Full, fresh salad bar
- *Cooked vegetable
- *Fresh & cupped fruit
- *Whole grain items
- *Protein items
- *White & flavored 1% Milk

A minimum of 1 second choice option available each day.

HM=Homemade
 WG=Whole Grain
 VEG=Vegetarian Option

Substitutions may be necessary where product is unavailable.

Any questions:
 Contact Amy Beach
 Food Service Director
 231-539-8801 Ext 10039
 abeach@pellstonschools.org