



Ames Christian Lunch Menu: March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		French Toast Sticks with Cheesy Scrambled Eggs Tater Tot Fresh Cauliflower Florets Chilled Peaches Clementine Oranges Milk	Chicken Lo Mein with Korean BBQ Sauce Steamed Broccoli Cool Peas Pineapple Chunks Fresh Pear Milk	Crunchy Fish Sticks with Tartar Sauce and a WG Dinner Roll Mixed Vegetables Fresh Sugar Snap Peas Chilled Pears Fresh Orange Wedges Milk
6	7	8	9	10
Pulled BBQ Pork on WG Bun Roasted Green Beans Fresh Celery Sticks Chilled Apricots Fresh Apple Milk	Beef and Bean Chili with WG Cinnamon Roll Seasoned Black Beans Fresh Broccoli Florets Raisins Fresh Banana Milk	Chicken Alfredo Pasta Roasted Broccoli Florets Fresh Cucumber Slices Strawberry Applesauce Clementine Oranges Milk	Kung Pow Chicken with Brown Rice Buffalo Cauliflower Fresh Grape Tomatoes Chilled Peaches Fresh Pear Milk	Pizza Bagel Fun Lunch Carroteenies Fresh Broccoli Florets Cinnamon Applesauce Craisins Milk
13	14	15	16	17
Spring Break				
20	21	22	23	24
Chicken Parmesan with Garlic Breadstick Seasoned Corn Fresh Broccoli and Carrots Mandarin Oranges Fresh Apple Milk	Tater Tot Casserole with WG Biscuit Seasoned Peas Cauliflower Florets Craisins Fresh Banana Milk	Ham and Peppers Breakfast Bowl with Scrambled Eggs, Waffle, and Tater Tots Roasted Red and Green Bell Peppers Celery Sticks Chilled Peas Clementine Oranges Milk	Teriyaki Beef Nuggets with Brown Rice Cinnamon Glazed Carrots Sugar Snap Peas Pineapple Tidbits Fresh Pear Milk	Mozzarella Pizza Crunchers with Marinara Sauce Roasted Broccoli Florets Fresh Carrots Chilled Peaches Fresh Orange Wedges Milk
27	28	29	30	31
Chicken Nuggets with Garlic Flatbread Roasted Green Beans Fresh Baby Carrots Tropical Fruit Blend Fresh Apple Milk	Bean and Cheese Quesadilla Mexican Style Black Beans Sugar Snap Peas Chilled Pears Fresh Banana Milk	Chorizo Macaroni and Cheese Roasted Broccoli Florets Celery Sticks Raisins Clementine Oranges Milk	Korean BBQ Chicken Lo Mein Cinnamon Glazed Carrots Fresh Broccoli Florets Chilled Peaches Fresh Pear Milk	No School

Menu Subject to Change.

Milk Choices Daily: 1% and Skim White, and Skim Chocolate

This institution is an equal opportunity provider.

Contact us: Marilyn Rutherford @ marilyn.rutherford@ames.k12.ia.us