

# MARCH 2025

## Mineral Point School Middle/High School

### LUNCH



**School Information:** Milk Choice of 1% White or Chocolate Skim included with Lunch. For questions contact FSD Kimmy Mumm at [foodservedirector@mp.k12.us](mailto:foodservedirector@mp.k12.us) or call 608-987-0734



**March is National Nutrition Month!** To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.



References: Academy of Nutrition & Dietetics, USDA MyPlate

### MONDAY

Hamburger, OR Hot Dog, French Fries, Fruit & Veggie Bar, 1%Milk

3

Pancakes, Scrambled Eggs, Or Corn Dog, Hashbrowns, Fruit & Veggie Bar, 1%Milk

10

Hamburger, OR Hot Dog, French Fries, Fruit & Veggie Bar, 1%Milk

17

Spring Break

24

French Toast & Sausage Patty, OR Corn Dog, Hashbrown, Fruit & Veggie Bar, 1%Milk

31

### TUESDAY

Beef Walking Taco, OR Choice of Pizza, OR Salad Bar, Black Beans, Brown Rice, Fruit & Veggie Bar, 1%Milk

4

Beef Nacho, OR Choice of Pizza, OR Salad Bar, Refried Beans, Brown Rice, Fruit & Veggie Bar, 1%Milk

11

Beef Soft Shell Taco, OR Choice of Pizza, OR Salad Bar, Black Beans, Brown Rice, Fruit & Veggie Bar, 1%Milk

18

Spring Break

25

### WEDNESDAY

Deli Sub, OR Pizza Dippers, Kettle Chips Fruit & Veggie Bar, 1%Milk

5

Chicken Alfredo, Garlic Breadstick, OR Pizza Dippers, Green Beans, Fruit & Veggie Bar, 1%Milk

12

Popcorn Chicken, Or Pizza Dippers, Mashed Potatoes, Corn, Dinner Roll, Fruit & Veggie Bar, 1%Milk

19

Spring Break

26

### THURSDAY

BBQ Pork Sandwich, OR Choice of Pizza, OR Salad Bar, Green Beans, Fruit & Veggie Bar, 1%Milk

6

Sweet & Sour Chicken, OR Choice of Pizza, OR Salad Bar, Brown Rice, Steamed Carrots, Fruit & Veggie Bar, 1%Milk

13

Meatball Sub, OR Choice of Pizza, OR Salad Bar, Roasted Broccoli, Fruit & Veggie Bar, 1%Milk

20

Spring Break

27

### FRIDAY

Pasta With Meat sauce, Garlic Breadstick, OR Fish Sticks, Roasted Broccoli, Fruit & Veggie Bar, 1%Milk

7

Mac & Cheese, Dinner Roll, OR Fish Sticks, Fruit & Veggie Bar, 1%Milk

14

Chicken Patty on Bun, Or Fish Sticks, Green Beans, Fruit & Veggie Bar, 1%Milk

21

Spring Break

28



Menus are subject to change without notice. This institution is an equal opportunity provider.