

Martin County Schools: March 2023

Students are required to take a fruit or vegetable with every meal. Students are offered a choice of fat free chocolate and 1 % milk with every meal but are not required to take milk.

At breakfast, students are offered a choice of a fruit and 100% juice daily.

On Thursdays and Fridays, baby carrots are also offered at lunch.

****DUE to the supply chain shortages stemming from the pandemic, items on the menu are subject to change without notice****

School Nutrition Facts of the Month

Students have the opportunity to take two fruits, two vegetables, milk and an entrée during lunch every day!

Students have the opportunity to take milk, fruit juice, fruit, and the breakfast entrée each day. Students can have all 4 items!

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		Wednesday, March 1	Thursday, March 2	Friday, March 3
		Fresh Apple, Cinnamon Roll Pepperoni Pizza Chick Filet on Bun Potato Wedges Sweet Peas Pineapple Tidbits	Manager's Choice	Teacher Workday
Monday, March 6	Tuesday, March 7	Wednesday, March 8	Thursday, March 9	Friday, March 10
Apple Sauce, Sausage Biscuit Chicken Bites w/ Roll Breaded Fish Sticks w/ Roll Collards Sweet Potato Fries Peach Crisp Mandarin Oranges	Orange, Banana Bread Chicken Tortilla Soup & Tortilla Chips Popcorn Chicken w/ Roll Sweet Corn Mashed Potatoes Mandarin Oranges Spiced Apples	Fresh Apple, Cereal Cheese Sticks w/ Marinara Carolina BBQ on Bun Candied Sweet Potatoes Green Beans Fresh Apples Fruit Cup	Parent Teacher Conferences	Parent Teacher Conferences
Monday, March 13	Tuesday, March 14	Wednesday, March 15	Thursday, March 16	Friday, March 17
Apple Sauce, Super Doughnut Hamburger Steak w/Gravy & Roll Chicken Club Salad Mashed Potatoes Sweet Peas Apple Sauce Fresh Orange	Orange, Dutch Waffle Chili Con Carne & Tortilla Chips Popcorn Chicken w/ Breadstick Sweet Corn Steamed Broccoli Diced Peaches Fresh Orange	Fresh Apple, Breakfast Pizza Chick Filet on Bun Baked Mini Corn Dogs French Fries Baked Beans Diced Pears Fruit Cup	Assorted Fruit Cup, Apple Strudel Beef Nachos w/ Cheese Chicken Fajita Power Bowl Black Beans w/ Corn and Salsa Sweet Potato Fries Mandarin Oranges Fresh Apple	Fresh Apple, Chicken Biscuit Chicken Tenders Grilled Ham and Cheese Green Beans Mashed Potatoes Pineapple Tidbits Diced Peaches
Monday, March 20	Tuesday, March 21	Wednesday, March 22	Thursday, March 23	Friday, March 24
Apple Sauce, Sausage Biscuit Carnitas Nachos Chicken Club Salad Lettuce and Tomato Cups Black Eyed Peas Fresh Orange Diced Peaches	Orange, Pop Tart Bone-In BBQ Chicken w/ Roll Grilled Cheese Sandwich Candied Sweet Potatoes Sweet Corn Apple Crisp Pineapple Tidbits	Fresh Apple, Cinnamon Roll Pepperoni Pizza Chick Filet on Bun Potato Wedges Sweet Peas Pineapple Tidbits Diced Peaches	Assorted Fruit Cup, French Toast Sticks Beef Vegetable Soup & Grilled Cheese Turkey and Cheese Melt Steamed Broccoli Baby Carrots w/ Dip Fresh Apple Mandarin Oranges	Fresh Apple, Chicken Biscuit Chicken Fajita Burrito Cheese Burgers Green Beans Glazed Carrots Apple Sauce Diced Pears
Monday, March 27	Tuesday, March 28	Wednesday, March 29	Thursday, March 30	Friday, March 31st
Teacher Workday	Orange, Banana Bread Chicken Tortilla Soup & Tortilla Chips Popcorn Chicken w/ Roll Sweet Corn Mashed Potatoes Mandarin Oranges Spiced Apples	Fresh Apple, Cereal Cheese Sticks w/ Marinara Carolina BBQ on Bun Candied Sweet Potatoes Green Beans Fresh Apples Fruit Cup	Assorted Fruit Cup, Dunkin Sticks Southern Style Chicken & Pastry Classic Sloppy Joe Tossed Salad Lima Beans Pineapple Tidbits Diced Pears	Fresh Apple, Breakfast Pizza Cheeseburger Hotdog with Chili French Fries Baked Beans Fresh Orange Diced Peaches

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North Carolina Department of
PUBLIC INSTRUCTION

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<https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>