



March 2023
 21 Days of School
 23 Days for Teachers

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
			1 Health Cooking Demonstration 3:30-5pm Library	2	3	4
5	6 Policy Council Meeting 4-5pm FS Suite	7 BBI Health Fair 2:30-4:30pm Library	8 Health Happy Hour 3:30-4:30pm Library	9 Parent Teacher Conferences	10 Staff Professional Development	11
12	13 Health Advisory Committee Meeting 4-5pm Library	14 Health Learning in the Classrooms DIPS Session 3:30-5pm Library	15 Home Based Parent Workshop 1-2pm Via Zoom	16 Unlocking Better Home buying/Building Wealth 4-5pm BBI Library	17 GoGo Basketball Game 7pm St. Elizabeth's Sports Arena	18
19	20	21 Parent Café 4-5pm Library	22 Health Cooking Demonstration 3:30-5pm Library Home Based Parent Workshop 1-2pm Via Zoom	23 Problems with Potty Training 4-5pm BBI Library	24 HB Community Baby Shower with Doula	25
26	27	28				



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH			<p><u>Make Your Own Wrap</u> 1</p> <p>1 oz Turkey (2 slices) 2 tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla ½ c Tossed Salad w/ Ranch ¼ c Fresh Fruit Salad ¾ c Milk <i>Veg: 1/8 c Hummus Wrap w 1 oz Fresh Mozzarella Cheese</i></p>	<p>2 Chicken Tenders w Honey Mustard 1 WG Cornbread 1/4 C Coleslaw ¼ c Apple Slices ¾ c Milk <i>Veg: 3 Vegetarian Nuggets</i></p>	<p>2 3</p> <p>½ c Macaroni & Cheese (2 oz MMA, ¼ c wg noodles ½ oz) 1 String Cheese ¼ c Peas ¼ c Fruit Mix cocktail ¾ c Milk <i>Veg: Same</i></p>
	<p>½ c Beef Vegetable Lomein (1/4 c Stir Fried Asian Vegetables, 1/4 c Beef) ¼ c Lomain Noodles ¼ c Mandarin Oranges ¾ c Milk <i>Veg: ½ c Vegetable Lomein/1 String Cheese</i></p>	<p>4 Chicken Nuggets 1 WG Roll (1 oz) ¼ c Corn ¼ c Pears ¾ c Milk <i>Veg: 3 Vegetarian Nuggets</i></p>	<p>2 oz CN Hamburger Patty w/ Ketchup 1 WG Bun ¼ c Coleslaw ¼ c Tropical Fruit Salad ¾ c Milk <i>Veg: 1 Veggie Burger</i></p>	<p>2 9</p> <p>½ c Chicken Spaghetti (2oz Chicken and ¼ c Noodles) ½ c Spinach Salad w Italian ¼ c Fresh Fruit Salad ¾ c Milk <i>Veg: 1/2 c Cheesy Spaghetti/1 String Cheese</i></p>	<p><u>Make Your Own Burrito:</u> 10 ¼ c Black Beans ½ c Shredded Monterey Cheese 1 6 in WG Tortilla ½ c Shredded Romaine ¼ c Peaches ¾ c Milk <i>Veg: Same</i></p>
	<p>1 Oven Fried Chicken Legs (2oz) 1 oz WG Dinner Roll ¼ c Green Beans ¼ c Apple Slices ¾ c Milk <i>Veg: 3 Vegetarian Nuggets</i></p>	<p><u>Make Your Own Taco</u> 14 ¼ c Beef Taco Meat ½ c Shredded Lettuce 2 TBSP Shredded Cheddar Cheese 1 oz WG Tortilla ¼ c Diced Melon Salad ¾ c Milk <i>Veg: 3/8 c Black Beans</i></p>	<p>4 Cheese Ravioli (2.4 oz) Marinara Sauce ¼ c Peas 1 oz WG Roll ¼ c Pineapple ¾ c Milk <i>Veg: Same</i></p>	<p>2 16</p> <p>2 oz Turkey (4 slices) 1 Slider WG Bread ¼ c Broccoli w Italian 2 Orange Wedges ¾ c Milk <i>Veg: 2 oz Fresh Mozzarella Cheese</i></p>	<p>17</p> <p>½ c Macaroni & Cheese (2 oz MMA, ¼ c wg noodles ½ oz) 3/8 c Vegetarian Baked Beans ½ c Tossed Salad w/ Ranch ¼ c Cantaloupe ¾ c Milk <i>Veg: Same</i></p>
	<p>2 oz Beef BBQ Sandwich 1 WG Bun (1 oz) ¼ c Cauliflower ¼ c Pineapple ¾ c Milk <i>Veg: 1 Veggie Burger</i></p>	<p><u>Make Your Own Bowl</u> 21 9 pc Popcorn Chicken (2.25 oz) ¼ c Mashed Potatoes 1 oz WG Dinner Roll ¼ c Diced Honeydew ¾ c Milk <i>Veg: 3 Vegetarian Nuggets</i></p>	<p><u>Penne Meatballs</u> 22 4 Meatballs 2 oz) w Marinara Sauce ¼ c WG Penne (½ oz) ½ c Spinach w Ranch ½ Apple ¾ c Milk <i>Veg: ½ c Penne with Cheese</i></p>	<p>23</p> <p>½ c Chicken Curry Casserole 1 oz Flatbread ¼ c Mixed Vegetables ¼ c Fresh Fruit Salad ¾ c Milk <i>Veg: Southwest Tofu Scrumble/ 1 String Cheese</i></p>	<p><u>Make Your Own Pizza</u> 24 1 oz English Muffin 2 oz Shredded Mozzarella Cheese ¼ c Marinara Sauce ¼ c Parmesan Roasted Broccoli 2 Orange Wedges (1/4 c) ¾ c Milk <i>Veg: Same</i></p>
	<p>3 CN Chicken Patty Sandwich (3oz) 1 oz WG Bun ¼ c Green Beans ¼ c Applesauce ¾ c Milk <i>Veg: 3 Vegetarian Nuggets</i></p>	<p>3 28</p> <p>¾ c Cuban Black Bean Rice (#6 scoop- black beans, #8 scoop- rice) ¼ c Brown Rice ¼ c Field Green Salad w Italian ¼ c Diced Honeydew ¾ c Milk <i>Veg: Same</i></p>	<p>29</p> <p>2 oz CN Turkey Burger w/ Cheddar Cheese 1 oz WG Bun ¼ c Broccoli w/ Ranch ¼ c Pears ¾ c Milk <i>Veg: 1 Veggie Burger w Cheese</i></p>	<p>30</p> <p>1 Crunchy Hawaiian Chicken Wrap (2 oz MMA, ½ c Veg, 1 ¾ oz grain) 1 oz WG Wrap ¼ c Black Bean Salad ¼ c Fresh Fruit Salad ¾ c Milk <i>Veg: 3/8 c Black Bean Wrap</i></p>	<p>31</p> <p>½ c Vegetable Fried Rice w/ Scrambled Eggs (1/4 c Peas, Carrots, onions, 1/4 c Egg) ¼ c Cucumbers Salad ¼ c Mandarin Oranges ¾ c Milk <i>Veg: Same</i></p>