

Alief Montessori Community School

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MAR

MENU 2023

GEAR UP FOR CHOIR



ANNOUNCEMENTS:

- Spring Break 13th-17th
- 20th - First Day of Spring

1ST
Spaghetti/Turkey
Hot Roll
Mixed Salad
Garbanzo Beans
Mixed Fruit
Milk, 1% or Fat Free

2ND
Chicken & Gravy
Brown Rice
Capri Vegetable Blend
Wheat Bread
Peaches
Milk, 1% or Fat Free

3RD
Cheese Pizza
Cherry Tomatoes
Mixed Salad
Fresh Fruit
Milk, 1% or Fat Free

6TH
Fish Sticks
Macaroni/Cheese
Broccoli
Carrots
Craisins/Strawberry
Milk, 1% or Fat Free

7TH
BBQ Chicken Sandwich
French Fries
Baked Beans
Green Beans
Peaches
Milk, 1% or Fat Free

8TH
Chicken/Cheese Quesadilla
Spanish Rice
Pinto Beans
Corn
Mixed Fruit
Milk, 1% or Fat Free

13TH
Spring Break

14TH
Spring Break

15TH
Spring Break

16TH
Spring Break

17TH
Spring Break

20TH
Chicken Crispito
Spanish Rice
Pinto Beans
Corn
Craisins/Strawberry
Milk, 1% or Fat Free

21ST
Chicken Sandwich
French Fries
Mixed Salad
Peaches
Milk, 1% or Fat Free

22ND
Chicken Alfredo Noodles
Hot Roll
Capri Vegetable Blend
Peaches
Milk, 1% or Fat Free

23RD Oven Baked Chicken
Mashed Potatoes
Carrots
Baked Beans
Wheat Bread
Mixed Fruit
Milk, 1% or Fat Free

24TH
Turkey/Cheese Sandwich
Potato Tater Tots
Baby Carrots
Celery Sticks
Fresh Fruit
Milk, 1% or Fat Free

27TH
Chicken Nuggets
Macaroni/Cheese
Capri Vegetable Blend
Craisins/Strawberry
Milk, 1% or Fat Free

28TH Fajita Chicken Strips
Spanish Rice
Pinto Beans
Corn
Flour Tortilla
Peaches
Milk, 1% or Fat Free

29TH
Cheese Burger
French Fries
Baby Carrots
Mixed Fruit cup
Milk, 1% or Fat Free

30TH Chicken & Gravy
Brown Rice
Green Beans
Garbanzo Beans
Hot Roll
Peaches
Milk, 1% or Fat Free

31ST Cheese Pizza
Cherry Tomatoes
Mixed Salad
Fresh Fruit
Milk, 1% or Fat Free
Ranch Dressing



Food and Nutrition Division
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org