

MARCH

Breakfast

This institute is an equal opportunity provider.
Menu subject to change.

Nome Beltz March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Blueberry Muffins! Blueberry Muffin (WG) or Assorted Cereal (WG) w/ Cheese Stick Canned Fruit Fresh Fruit Juice Choice of Milk	Breakfast Pizza! Breakfast Pizza or Bagel (WG) w/ Cream Cheese Canned Fruit Fresh Fruit Juice Choice of Milk	Breakfast Sandwich! Breakfast Sandwich or Assorted Cereal (WG) w/ Graham Crackers (WG) Canned Fruit Fresh Fruit Juice Choice of Milk	French Toast! French Toast Sticks (WG) or Blueberry Bagel (WG) w/ Cream Cheese Canned Fruit Fresh Fruit Juice Choice of Milk	Oatmeal Friday! Cinnamon Oatmeal (WG) or Assorted Cereal (WG) w/ Toast (WG) Canned Fruit Fresh Fruit Juice Choice of Milk
10	11	12	13	14
<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>
17	18	19	20	21
Kolache! Kolache or Assorted Cereal (WG) w/ Graham Crackers (WG) Canned Fruit Fresh Fruit Juice Choice of Milk	Cinnamon Rolls! Cinnamon Rolls (WG) w/ Cheese Stick or Bagel (WG) w/ Cream Cheese Canned Fruit Fresh Fruit Juice Choice of Milk	Breakfast Bagels! Breakfast Bagel Topper (WG) or Blueberry Bagel (WG) w/ Cream Cheese Canned Fruit Fresh Fruit Juice Choice of Milk	Sausage Biscuit! Sausage Biscuit (WG) or Assorted Cereal (WG) w/ Graham Crackers (WG) Canned Fruit Fresh Fruit Juice Choice of Milk	Oatmeal Friday! Cinnamon Oatmeal (WG) or Assorted Cereal (WG) w/ Toast (WG) Canned Fruit Fresh Fruit Juice Choice of Milk
24	25	26	27	28
Yogurt Parfait! Yogurt w/ Graham Crackers (WG) or Blueberry Bagel (WG) w/ Cream Cheese Canned Fruit Fresh Fruit Juice Choice of Milk	Waffle Day! Belgian Waffle (WG) w/ Sausage or Bagel (WG) w/ Cream Cheese Canned Fruit Fresh Fruit Juice Choice of Milk	Biscuits & Gravy! Biscuits & Gravy or Assorted Cereal (WG) w/ Graham Crackers (WG) Canned Fruit Fresh Fruit Juice Choice of Milk	Chicken Biscuit! Chicken Biscuit (WG) or Blueberry Bagel (WG) w/ Cream Cheese Canned Fruit Fresh Fruit Juice Choice of Milk	Oatmeal Friday! Cinnamon Oatmeal (WG) or Assorted Cereal (WG) w/ Toast (WG) Canned Fruit Fresh Fruit Juice Choice of Milk
31				

Donut Day!
Donut Holes or Assorted Cereal w/ Graham Crackers
Canned Fruit

Fresh Fruit
Juice
Choice of Milk





nutrition corner

- Promotes gut health
- Rich in fiber
- Anti-inflammatory
- Boost heart health

healthline.com

MARCH

Lunch

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Nome Beltz March 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Chicken Nuggets! Chicken Nuggets (WG) Roll (WG) Baked Beans Steamed Broccoli Cinnamon Apple Slices Fresh Fruit Choice of Milk	Corn Dogs! Corn Dog Crinkle Cut Fries Peas Diced Peaches Fresh Fruit Choice of Milk	Teriyaki Chicken! Teriyaki Chicken Brown Rice (WG) Steamed Carrots Pineapple Tidbits Fresh Fruit Choice of Milk	Fish Sticks! Fish Sticks (WG) Biscuit (WG) Green Beans Applesauce Fresh Fruit Choice of Milk	Pizza Friday! Pepperoni Pizza (WG) Cheese Pizza (WG) Steamed Corn Diced Peaches Fresh Fruit Choice of Milk
10	11	12	13	14
<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>	<i>Spring Break!</i>
17	18	19	20	21
Hamburgers! Hamburger or Cheeseburger (WG) Baked Beans Steamed Carrots Diced Peaches Fresh Fruit Choice of Milk	Baked Potato Day! Baked Potato w/ BBQ Pork Steamed Broccoli Cinnamon Apple Slices Fresh Fruit Choice of Milk	Chicken & Waffles! Chicken & Waffles Sweet Potato Fries Diced Pears Fresh Fruit Choice of Milk	Spaghetti Day! Spaghetti (WG) Beef Sauce Green Beans Pineapple Tidbits Fresh Fruit Choice of Milk	Pizza Friday! Pepperoni Pizza (WG) Cheese Pizza (WG) Steamed Corn Applesauce Fresh Fruit Choice of Milk
24	25	26	27	28
Chicken Burgers! Chicken Burger (WG) Crinkle Cut Fries Green Beans Diced Pears Fresh Fruit Choice of Milk	Chicken Fajitas! Chicken Fajitas w/Veggies Refried Beans Steamed Carrots Pineapple Tidbits Fresh Fruit Choice of Milk	Orange Chicken! Orange Chicken Brown Rice (WG) Steamed Broccoli Applesauce Fresh Fruit Choice of Milk	Grilled Cheese! Grilled Cheese Sandwich (WG) Tomato Soup Green Beans Diced Peaches Fresh Fruit Choice of Milk	Pizza Friday! Pepperoni Pizza (WG) Cheese Pizza (WG) Steamed Corn Cinnamon Apple Slices Fresh Fruit Choice of Milk
31				

Hot Dogs!
Hot Dog (WG)
Chili & Cheese Dogs
Tater Tots
Steamed Carrots
Diced Peaches
Fresh Fruit
Choice of Milk



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