

**3/6 – 3/10: National School Breakfast week**  
Breakfast is offered daily

# March 2023 Lunch



**SEBASTOPOL CHARTER**  
A Public Waldorf School

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Chicken Nuggets Or Cheese Pizza	<b>2</b> Ham or Cheese (V) Deli Sandwich	<b>3</b> Beef Taco Snack or Bean & Cheese Burrito
<b>6</b> PBJ Uncrustable or Meat & Cheese Deli	<b>7</b> Corn Dog or Veggie Burger Black Bean & Corn Salad	<b>8</b> Chicken Strips or Cheese Bosco Sticks	<b>9</b> Turkey or Cheese (V) Deli Sandwich	<b>10</b> Pepperoni Pocket or Cheese Pizza
<b>13</b> Cheese Pizza	<b>14</b> Cheese Burger or Hummus Pack	<b>15</b> Chicken Sandwich or Veggie Burger	<b>16</b> Ham or Cheese (V) Deli Sandwich	<b>17</b> Bean & Cheese Burrito
<b>20</b> Cheese Pizza	<b>21</b> Beef Taco Snack or Bean & Cheese Burrito	<b>22</b> Corn Dog or Veggie Burger	<b>23</b> PBJ Uncrustable or Meat & Cheese Deli	<b>24</b> Stuffed Cheese Sandwich
<b>27</b> Mini Burger Sliders or Uncrustable (V)	<b>28</b> Cheese Pizza Ham & Cheese Ripper	<b>29</b> Beef Taco Snack or Bean & Cheese Burrito	<b>30</b> Turkey or Cheese (V) Deli Sandwich	<b>31</b> Pepperoni Pocket or Cheese Bosco Stick

**Meals Include 5 Food Items:**  
**Protein (Meat/Meat Alternative)**  
**Grain**  
**Vegetable**  
**Fruit**  
**Milk**

**2 Item Entrees**

(V) option's available daily

**This menu is subject to change**

**Vegetable available daily**  
 - Veggie options may include carrots, celery, red and yellow bell peppers, jicama, broccoli, and cherry tomatoes



Healthy Foods

- **1/2c-3/4c Seasonal, dry, or cupped fruit with every meal**
- **1/2c-3/4c Vegetable options daily**
- **Non-fat and 1% White Milk available daily**

**Meals prepared daily in WSCUHSD - Food Service Department Kitchens**

This institute is an equal opportunity provider