



St. Alphonsus Catholic School
504 Jackson Avenue
Ocean Springs, MS 39564
PreK3 – 6th grade Menu



Nutrition Tip: March is National Nutrition Month! To celebrate, try getting more creative in the kitchen and trying a new recipe or cuisine you haven't had before.

References: Academy of Nutrition & Dietetics

Monday

Tuesday

Wednesday

Thursday

Friday

Roast Beef Sandwich
Sauteed Snow Peas
Pretzels
Apricots
Milk

1

Green Eggs & Ham
Truffula Tree
Veggie Sticks w/ Ranch
One Fish, Two Fish Goldfish
Dr. Seuss Fruit Hats
Milk

2

Hamburger Mac & Cheese
Roasted Carrots
Green Peas
Yeast Roll
Orange Slices
Milk

3

Chicken Parmesan
Green Peas
Garlic Toast
Orange Slices
Milk

4

Grilled Cheese
Alphabet Soup
Saltine Crackers
Peaches
Oatmeal Raisin Cookie
Milk

5

Chef Salad
Pita Bread w/
Hummus
Saltine Crackers
Apple
Milk

8

Chicken Taco Soup
Side Salad
Tortilla Chips
Mango
Milk

9

Scrambled Eggs
Bacon
Tater Tots
Buttermilk Biscuit
Strawberry Smoothie
Milk

10

Beef Lasagna
Green Beans
Garlic Breadstick
Peaches
Milk

11

Fish Sandwich (Cod)
Veggie Sticks w/
Ranch
Cheesy Potatoes
Pears
Chocolate Pudding
Milk

12

SPRING BREAK
NO SCHOOL

15

SPRING BREAK
NO SCHOOL

16

Loaded Potato Soup
Side Salad
Saltine Crackers
Apple Crisp
Milk

17

Chicken & Waffles
Side Salad
Sweet Potato Cubes
Grapes
Milk

18

Cheese Ravioli
Roasted Broccoli
Garlic Breadstick
Grapes
Milk

19

Crispy Chicken
Sandwich
Shelled Edamame
Pasta Salad
Apricots
Milk

22

Beef Soft Tacos
Mexicali Corn
Spanish Rice
Orange Slices
Milk

23

Sliced Turkey
Lima Beans
Mashed Potatoes w/ Gravy
Yeast Roll
Orange Slices
Milk

24

Cheese or
Pepperoni Pizza
Kale & Apple Salad
Banana
Chocolate Cake
Milk

25

Peanut Butter & Jelly
Sandwich
Veggie Sticks w/
Ranch
Pretzels
Banana
Milk

26

Ham or Turkey &
Cheese Hoagie
Veggie Sticks w/ Ranch
Goldfish Crackers
Apple
Milk

29

Chicken & Rice
Burrito
Roasted Cauliflower
Black Beans & Corn
Mango
Milk

30

Hamburger
Side Salad
French Fries
Pineapple
Milk

31

