

MARCH 2023

Maysville Public School

LUNCH



School Information: Kristy McGowen @ 405-867-5550 or mcgowenk@maysville.k12.ok.us if menu is changed it will be posted on the Maysville Push Notification. **This Institution is An Equal Opportunity Provider.**



March is National Nutrition Month! To celebrate, try eating at least one new food each week. Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines.

References: Academy of Nutrition & Dietetics, USDA MyPlate

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Chili w/beans
Cornbread
Cheese stick
Fruit
Veggie
Milk

1

Dr. Seuss Day
Green Eggs & Ham
Hash rounds
Biscuits w/Jelly
Fruit
Milk

2

NO SCHOOL

3

Popcorn Chicken
Gravy
Rolls
Veggie
Fruit
Milk

6

Pull Pork Sandwich
Baked Beans
Potato Salad
Snickers Fruit Salad
Milk

7

Chef's Choice
Mix & Match

8

Hot Smoke Turkey
Sandwich
Chips
Fruit
Veggie
Milk

9

Sack Lunch

10

NO SCHOOL
SPRING BREAK

13

NO SCHOOL
SPRING BREAK

14

NO SCHOOL
SPRING BREAK

15

NO SCHOOL
SPRING BREAK

16

NO SCHOOL
SPRING BREAK

17

Steak Fingers w/gravy
French Fries
Veggie
Fruit
Milk

20

Walking Taco's
Corn
Fruit
Milk

21

Chicken Sandwich
Chips
Veggie
Fruit
Milk

22

Cajun Chicken Pasta
Salad
Garlic Knots
Fruit
Milk

23

Pizza Bread
Broccoli Salad
Bread Stick
Fruit
Milk

24

Chicken Strips w/gravy
Mashed Potatoes
Green Beans
Fruit
Milk

27

Hamburgers
Chips
Slushy
Fruit
Milk

28

Pig in Blanket
Mac & Cheese
Veggie
Fruit
Milk

29

Chicken & Dumplings
Broccoli
Corn Bread
Fruit
Milk

30

Corn Dogs
Chips
Veggie
Fruit
Milk

31