

MARCH 2025

NOOR INTERNATIONAL ACADEMY K-6th

LUNCH

Our lunch consists of a serving of milk, fruits, vegetables, grains & meat/ meat alternatives.

All students must have a serving of fruits or vegetables in their plates.

All grains are whole grain rich.



Fat-Free unflavored, 1% unflavored & Fat-Free unflavored Milk



MyPlate Recommends:

Choose vegetables rich in color!

Brighten your plate with vegetables that are red, orange, or dark green.

They don't only taste great, but they're also good for you!

Reference: [USDA.MyPlate.gov](https://www.usda.gov/myplate)



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

Pizza Bagel
Mixed Steamed Vegetables
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

4

Beef Hotdog W/ WG Bun
Potato Wedges
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

5

Chicken Popcorn W/ WG Roll
Mixed Salad, Green & Colored
Peppers Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

6

Cheese Pizza
Spinach & Colored Peppers
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

7

1/2 Day

10

Chicken Nuggets W/ WG Roll
Mixed Steamed Vegetables
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

11

Beef Patty W/ WG Bun
Fries
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

12

Chicken Tender W/ WG Roll
Garbanzo Beans & Cucumber Salad
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

13

Cheese Pizza
Spinach & Colored Peppers
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

14

1/2 Day

17

Chicken Patty W/ WG Bun
Mixed Salad
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

18

Beef Burrito
Mixed Beans Salad
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

19

Chicken Tender W/ WG Roll
Steamed Corn
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

20

Cheese Pizza
Spinach & Colored Peppers
Assorted Fresh Fruits
Flavored Fat-Free/ Unflavored
1% Milk

21

1/2 Day

24

No School

25

No School

26

No School

27

No School

28

No School

31

No School



This Institution is an equal Opportunity Provider. All students are eligible for free school meals. Menu choices are subject to change.