

March 2019 High School Lunch Menu
 Student Meal \$2.50 / Reduced Meal \$0.40 / Adult Meal \$3.50

Monday

Tuesday

Wednesday

Thursday

Friday

March 1



Wild West BBQ Sandwich
 Cheesy Breadstix & Marinara Dippin' Sauce
 Ranch Chicken Chef Salad & Breadstick

Baked Beans
 Coleslaw
 Apple Slices
 Fresh Strawberries

National School Breakfast Week
March 4 - 8

Chicken Scampi Pasta with Garlic Knot
Pretzel Bun Bacon Cheeseburger
Ham & Cheese Sub
Pizza Option

French Fries
 Baby Carrots with Ranch
 Kiwi & Tangerines
 Fruit Cocktail

BBQ Roasted Chicken with Biscuit
Fish Sandwich
Egg & Cheese Chef Salad with Biscuit
Pizza Option

Roasted Brussels Sprouts
 Baked Sweet Potato w/Cinnamon Butter
 Pineapple Cup
 Applesauce

Turkey Pot Pie
Spicy Pork Sandwich
Buffalo Chicken Salad Croissant
Pizza Option

Herbed Broccoli
 Roasted Red Potatoes
 Frozen Peach Cup
 Pears & Cherries
 Fresh Baked Chocolate Chip Cookie

Chick 'N Waffles
Fajita Glazed Fish Taco
Turkey & Cranberry Chef Salad
Pizza Option

Tostitos Scoops
 Cheesy Bean Dip
 Okra & Tomatoes
 Fruited Gelatin
 100% Juice

Staff Planning Day

March 11 - 15

Chicken Broccoli Alfredo with Garlic Toast
Cheeseburger on Bun
Ham & Cheese Chef Salad
Pizza Option

Tomato Basil Zucchini
 Cherry Tomato & Corn Salad
 Limeade Fruit Salad
 Pear Cup

Nachos
Con Queso Quesadilla
Turkey & Cheese Wrap
Pizza Option

Mexican Rice
 Ranch Beans
 Cauliflower with Cheese Sauce
 Pineapple & Cherries
 100% Fruit Juice

Macaroni & Ham Casserole with Breadstick
Spicy Chicken Swirl Sandwich
Fajita Chicken Chef Salad with Breadstick

Carrot Soufflé
 Mixed Vegetables
 Fresh Pear
 Apple Crisp

Spaghetti with Garlic Toast
Chicken Tenders with Garlic Toast
Yogurt, Cheese, & Fruit Plate
Pizza Option

Honey Roasted Broccoli
 Waffle Fries with Sriracha Ketchup
 Peach Cup
 Tropical Fruit

Seafood Basket
Chicken Noodle Soup/Sandwich Combo
Meatball Sub
Pizza Option

Corn on the Cob
 Black Eyed Peas
 Shamrock Applesauce
St. Patrick's Day Italian Ice

March 18 - 22



March 25 - 29

Loaded Mashed Potato with Garlic Knot
Lasagna Roll-Ups with Garlic Knot
Turkey & Cheese Wrap
Pizza Option

Candied Carrots
 Green Beans
 Cool Tropics Fruit Slush
 Strawberry Applesauce

Sloppy Joe
Philly Cheese Steak Sandwich
Cuban Sandwich
Pizza Option

Buttered Corn
 'Tater tots
 100% Juice
 Mandarin Oranges

Fish & Grits with Hushpuppies
Grilled Cheese
Yogurt, Cheese, & Fruit Plate
Pizza Option

Vegetable Soup
 Collard Greens
 Pears & Cherries
 Fruit Cocktail

Taco Bar
Turkey Steak with Gravy and Garlic Knot
Ham & Cheese Chef Salad and Breadstick
Pizza Option

Rice
 Red Beans
 Butternut Squash
 Peaches & Cream
 Fresh Apples
 Brownie Bites

Lings Mandarin Chicken and Dinner Roll
Chicken Egg Rolls
Egg & Cheese Chef Salad and Roll
Pizza Option

Fried Rice
 Teriyaki Vegetables
 Braised Cabbage
 Orange Wedges
 Bananas

A reimbursable meal must include at least 3 food groups. Choose at least 3 food items including 1/2 cup fruits or vegetables and at least 2 other food groups. For best nutrition, choose all 5 of the meal components for School Lunch - Grains, Meats or Protein, Milk, Fruit & Vegetables



MILK VARIETY OFFERED DAILY
 MENU SUBJECT TO CHANGE

This institution is an equal opportunity provider.