



Join Us for Breakfast ! BREAKFAST SERVED AT HIGH SCHOOL 7:00 - 7:30 MIDDLE SCHOOL 7:15-7:50 Student Price \$1.35 Reduced \$0.25 Free \$0.00

### March 2018 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes, two (2) fruit side dishes and a choice of milk which includes, 1% white, fat free white &amp; skim chocolate.</p>	<p><b>CRUCIFEROUS VEGETABLES</b></p>	<p>GOOD FOOD <small>WITH</small> GOOD LUCK</p>	<p><b>Tyson Chicken Nuggets</b></p> <p>Fresh Baked Breadstick                      Fresh Roasted Sweet Potatoes                      Fresh Cucumber Coins                      Fresh Fruit</p>	<p><b>Pizza Day</b>  <b>Choose from</b></p> <p>Buffalo Chicken                      Pepperoni                      Cheese                      Seasoned Green Beans                      Roasted Carrots                      Fresh Fruit</p>
<p><b>Gyro</b></p> <p>Sliced Beef                      Fresh Cucumbers &amp; Tomato                      Steamed Broccoli                      Fresh Fruit</p>	<p><b>Taco Tuesday</b></p> <p>Seasoned Beef                      Tostitos Scoops                      Mexicali Corn                      Vegetarian Beans                      Fresh Fruit</p>	<p><b>Mozzarella Sticks</b></p> <p>Marinara Dipping Sauce                      Steamed Mixed Vegetables                      Seasoned Carrots                      Fresh Fruit</p>	<p><b>Tyson Chicken Nuggets</b></p> <p>Fresh Baked Breadstick                      Roasted Brussel Sprouts                      Oven Baked French Fries                      Fresh Fruit</p>	<p><b>Calzone</b></p> <p>Choose from                      Buffalo Chicken                      or                      Cheese                      Steamed Carrots                      Fresh Cucumber Coins                      Fresh Fruit</p>
<p><b>All American Burger Bar</b></p> <p>All Beef Burger                      Assorted Rolls &amp; Cheese                      Tomato, Lettuce &amp; Onions                      Crisp Turkey Bacon                      Oven Baked French Fries                      Fresh Cucumbers                      Fresh Fruit</p>	<p><b>Soup &amp; Sandwich</b></p> <p>Grilled Cheese Sandwich                      Chicken Noodle Soup                      Roasted Garbanzo Beans                      Fresh Celery Sticks                      Fresh Fruit</p> <p>NATIONAL CHICKEN NOODLE SOUP DAY</p>	<p><b>Breaded Pork Chop Parmesan</b></p> <p>Garlic Bread                      Spaghetti                      Seasoned Peas &amp; Carrots                      Fresh Carrot Sticks                      Fresh Fruit</p>	<p><b>Tyson Chicken Nuggets</b></p> <p>Fresh Baked Breadstick                      Fresh Roasted Herb Potatoes                      Fresh Cucumber Coins                      Fresh Fruit</p>	<p><b>Mac &amp; Cheese</b></p> <p>Dinner Roll                      Seasoned Broccoli                      Fresh Red &amp; Green Pepper Strips                      Fresh Fruit</p>
<p><b>Chickendipity</b></p> <p>Chicken Tenders &amp; Belgian Waffle                      Boston Baked Beans                      Seasoned Peas                      Fresh Fruit</p>	<p><b>NEW Stuffed Shells</b></p> <p>Seasoned Green Beans                      Fresh Green &amp; Red Pepper Strips                      Fresh Fruit</p>	<p><b>Maple Glazed French Toast</b></p> <p>Turkey Sausage Links                      Crispy Turkey Bacon                      Hash Brown                      Fresh Carrot Sticks                      Fresh Fruit</p>	<p><b>Tyson Chicken Nuggets</b></p> <p>Fresh Baked Breadstick                      Steamed Broccoli                      Oven Baked French Fries                      Fresh Fruit</p>	<p><b>Meat Lovers Stromboli</b></p> <p>Salami, Pepperoni, Turkey Ham                      Mozzarella Cheese                      Marinara Dipping Sauce                      Fresh Cucumber Coins                      Steamed Mixed Vegetables                      Fresh Fruit</p>
<p><b>Philly Cheesesteak</b>                      on Flatbread</p> <p>Seasoned Beef Steak                      Peppers &amp; Onions                      Cheese                      Steamed Green Beans                      Fresh Fruit</p>	<p><b>Mozzarella Sticks</b></p> <p>Marinara Dipping Sauce                      Steamed Mixed Vegetables                      Fresh Baby Carrots                      Fresh Fruit</p>	<p><b>Tyson Chicken Nuggets</b></p> <p>Fresh Baked Breadstick                      Steamed Cabbage                      Oven Baked French Fries                      Fresh Fruit</p>	<p><b>No School</b>  <b>Holy Thursday</b></p>	<p><b>No School</b>  <b>Good Friday</b></p>

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Choose as an Alternate Fruit or Vegetable With Any Meal:  
 Dark Leafy Greens, Seasonal Vegetables and Fresh Fruit

**Additional Daily Lunch Offerings:**

- Pizza: Variety of Pizza Daily
- Deli Bar: Boar's Head (or equivalent) made-to-order sandwiches
- Side Salads: Mon: Chick Pea; Tues: Three Bean Salad; Wed: Corn & Black Bean; Thurs: Coleslaw; Fri: Cucumber & Tomato
- Entrée Salads: Offered Daily
- Chicken Patties: Offered Mon, Wed, Fri
- Hot Dogs & Hamburgers: Offered Tues & Thurs
- Bagel Meal: Fresh Bagel with All-Natural Yogurt and/or Cheese and Fruit, Vegetable and Milk
- Yogurt Parfait: All-Natural Yogurt with Granola and Fruit

Menu is subject to change

This institution and the USDA is an equal opportunity employer and provider.

