

March 2018

Type Your School Name Here

LUNCH



Meal Prices--Students--\$2.65
Adults--\$3.70

This institution is an equal opportunity



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday

Choice of Salad Bar available at Middle & High School daily.

Menus subject to change without notice.

Wednesday



Thursday

Friday

Popcorn Chicken **5**
Whipped Potatoes/Gravy
Green Beans
Bananas
Milk

Lasagna **6**
Lettuce/Carrots/Celery
Garlic Bread
Peaches
Milk

Hamburger/Bun **7**
French Fries
Baked Beans
Mixed Fruit
Milk

Chicken/Chili/Veg. Soup **1**
Carrots/Celery
Warm Apples
Bread/Butter
Milk

Fish Shapes OR Chicken Shapes **2**
Smiles/Baked Beans
Peaches
Milk

Shamrock Nuggets **12**
Whipped Potatoes/Gravy
Green Beans
Bananas
Milk

Potato Nugget Hot Dish **13**
Corn
Peaches
Bread/Butter
Milk

Hamburger/Bun **7**
French Fries
Baked Beans
Mixed Fruit
Milk

Tacos—Soft Shell **8**
Lettuce/Cheese/Tomato
Corn/Refried Beans
Pears
Milk

Garlic Cheese Bread **9**
Broccoli/Carrots
Pineapple
Milk

Tavern/Bun **19**
Sweet Potato Fries
Coleslaw
Bananas
Milk

Potato Nugget Hot Dish **13**
Corn
Peaches
Bread/Butter
Milk

Corn Dog **14**
Smiles
Baked Beans
Pears
Milk

Nacho Supreme w/Cheese & Chili **15**
Lettuce/Carrots/Celery
Applesauce
Milk

Fish OR Chicken Patty on a Bun **16**
Ranch Wedges
Mixed Fruit
Milk

Orange Chicken **26**
Broccoli/Carrots
Asian Rice
Bananas
Milk

Tuna/Noodles **20**
Peas/Mixed Veg.
Dinner Roll
Peaches
Milk

Lil Bites **21**
Smiles/Carrot Sticks
Pears
Milk

Hotdog/Bun **22**
French Fries
Baked Beans
Applesauce
Milk

Stuffed Crust Pizza **23**
Lettuce/Carrots/Celery
Pineapple
Milk

Orange Chicken **26**
Broccoli/Carrots
Asian Rice
Bananas
Milk

Stromboli **27**
Lettuce/Carrots/Celery
Sidekicks
Milk

Pork Tenderloin/Bun **28**
Oven Potatoes
Baked Beans
Peaches
Milk

Chicken/Chili/Veg Soup **29**
Carrots/Celery
Warm Apples
Bread/Butter
Milk

30
NO SCHOOL