

March

Sunday

Monday

LUNCH

Tuesday

Wednesday

Thursday

Friday

2017

IF YOU HAVE A FOOD ALLERGY CONCERN PLEASE SEE YOUR FOOD SERVER OR MANAGER.

MENU SUBJECT TO CHANGE

100% JUICE ALWAYS AVAILABLE

1
 4-OZ BEEF/ROTI
 1-CUP SL. CARROTS
 1-CUP TOSSED SALAD
 1-OZ DINNER ROLL
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

2
 4-OZ GRILLED CHICKEN
 1-WHEAT KAISER ROLL
 1-CUP LET/TOM/CHEESE
 1-CUP SPINACH
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

3
 4-OZ BOLONNA/CH/ROLL
 4-OZ TUNA/CH/ROLL
 1-CUP LET/TOM/PICKLE
 1-CUP CHICKEN NOODLE
 1-CUP TUSCAN VEG.
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

4

5
 4-OZ CH.BURGER
 1-WHEAT BUN
 1-CUP LET/TOM/PICKLE
 1-CUP BABY CARROTS
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

6
 4-OZ SAUSAGE/PEPPERS
 4-OZ SALISBURY STEAK
 1-CUP MIXED VEG.
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

7
 4-OZ MEATBALLS
 1-WHEAT HERO
 1-CUP STRING BEANS
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

8
 4-OZ CHICKEN WRAP
 1-CUP LET/TOM/CHEESE
 1-OZ SOUR CREAM
 1-CUP GREEN PEAS
 1-FRESH FRUIT
 8-OZ MILK

9
 4-OZ EGG/TUNA SALAD
 1-WHEAT KAISER ROLL
 1-CUP LET/TOM/PICKLE
 1-CUP BROCCOLI
 1-FRESH FRUIT
 1-CUP OR SOUP
 8-OZ 1% OR SKIM MILK

10

11

12
 2-HOT DOGS/WHEAT BUNS
 1/2-CUP SAUERKRAUT
 1/2-CUP YEGGIE BEANS
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

13
 4-OZ MEATSAUCE
 1/2-CUP WHEAT SPAGHETTI
 1-CUP SONOMA BLEND
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ MILK

14
 4-OZ CHICKEN PARM
 1-WHEAT ROLL
 1-CUP PEAS/CARROTS
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

15
 4-OZ CHICKEN PARM
 1-WHEAT ROLL
 1-CUP PEAS/CARROTS
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

16
 4-OZ CHILI CON CARNE
 1/2-CUP BROWN RICE
 1-CUP ISLE BLEND
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

17

18

19
 4-OZ MEAT/LOAF/GRAVY
 1-CUP MASHED POTATO
 1-CUP SL. CARROTS
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

20
 4-OZ HAM/CH/ROLL
 4-OZ TURK/CH/ROLL
 1-CUP LET/TOM/PICKLE
 1-CUP SPINACH
 1-CUP OF SOUP
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

21
 4-OZ SLOPPY JOE
 1-WHEAT BUN
 1-CUP TUSCAN VEG
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

22
 1-CUP SPANISH RICE
 1-CUP GRILLED CHICKEN
 1-CUP MEXICAN CORN
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

23
 4-OZ BREADED FLOUNDER
 4-OZ SALISBURY STEAKS
 1-CUP BABY CARROTS
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

24

25

26
 4-OZ BEEF/CHICK PATTY
 1-CUP MASHED POTATO
 1-CUP SUCATASH
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

27
 4-OZ CHICKEN TENDERS
 1/2-CUP MAC/CHEESE
 1-CUP PEAS
 1-CUP TOSSED SALAD
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

28
 4-OZ BEEF/ROTI
 1-CUP BROCCOLI
 1-CUP TOSSED SALAD
 1-OZ DINNER ROLL
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

29
 4-OZ GRILLED CHICKEN
 1-WHEAT KAISER ROLL
 1-CUP LET/TOM/CH.
 1-CUP NORMANDY BLEND
 1-FRESH FRUIT
 8-OZ 1% OR SKIM MILK

30
 4-OZ EGG/TUNA SALAD
 1-WHEAT KAISER ROLL
 1-CUP LET/TOM/PICKLE
 1-CUP SONOMA BLEND
 1-CUP OR SOUP
 1-FRESH FRUIT
 8-OZ 1% MILK

31

The following foods must be served in order to be counted as a meal.

Lunch: Students must take 4-oz juice or vegetable/fruit every meal and at least two items from the three offered below.

*Milk
*Grains
*Meat or meat alternate