

March 2019 High School Lunch Menu

Monday

Tuesday

Wednesday

Thursday

Friday

National Nutrition Month

The importance of making informed food choices and developing sound eating and physical activity habits.

www.eatright.org/resource/food/resources/national-month/toolkit

1 Cheese pizza Wedge
Turkey Pepperoni Stuffed Crust
Pizza
PB & J Sandwich
Zesty Italian Cold Cut Sub
Carrot Sticks
Side Salad

4 Hamburger on Bun
Double Stack Burger
PB & J Sandwich
Zesty Italian Cold Cut Sub
Breaded Chicken Patty
Sandwich
Veggie Burger on
WG Hamburger Bun
Sweet Potato Fries
Side Salad

5 Egg Patty
Chicken Sausage Patty
Blueberry Pancake (The Max)
PB & J Sandwich
Zesty Italian Cold Cut Sub
Tuna Salad
Saltine Crackers
Hummus Plate
Rosemary Garlic Potatoes
Side Salad

6 Zesty Italian Cold Cut Sub
Spicy Cheddar Goldfish
PB & J Sandwich
Zesty Italian Cold Cut Sub
Breaded Chicken Patty
Sandwich
Falafel on Flat Bread
Vegetarian Beans
Celery Sticks

7 Monte Cristo Sandwich
PB & J Sandwich
Zesty Italian Cold Cut Sub
Hamburger on Bun
Veggie Wrap
Broccoli
Side Salad

8 Cheese Personal Pan Pizza
Turkey Pepperoni Personal
Pan Pizza
PB & J Sandwich
Zesty Italian Cold Cut Sub
Carrot Sticks
Side Salad

11 Beef Hot Dog on WG Bun
Tortilla Chips & Salsa
PB & J Sandwich
Zesty Italian Cold Cut Sub
Spicy Chicken Patty Sandwich
Veggie Burger on
WG Hamburger Bun
Vegetarian Beans
Side Salad

12 Mandarin Orange Chicken
Brown Rice
Veggie Spring Roll
PB & J Sandwich
Zesty Italian Cold Cut Sub
Tuna Salad
Saltine Crackers
Hummus Plate
Broccoli
Side Salad

13 Chicken Broccoli Cavatappi
Bread Sticks
PB & J Sandwich
Zesty Italian Cold Cut Sub
Breaded Chicken Patty
Sandwich
Falafel on Flat Bread
Steamed Carrots
Side Salad

14 Cheese pizza Wedge
Turkey Pepperoni Stuffed Crust
Pizza
PB & J Sandwich
Zesty Italian Cold Cut Sub
Hamburger on Bun
Veggie Wrap
Corn
Side Salad

15 PD DAY
Schools Closed

18 Fish Hoagie on
Hot Dog Roll
PB & J Sandwich
Spicy Chicken Patty Sandwich
Zesty Italian Cold Cut Sub
Veggie Burger on
WG Hamburger Bun
Steamed Carrots
Side Salad

19 Chicken Cordon Bleu
Sandwich
PB & J Sandwich
Zesty Italian Cold Cut Sub
Tuna Salad
Saltine Crackers
Hummus Plate
Oven Fries
Side Salad

20 Swedish Meatballs
Brown Rice
Dinner Roll
PB & J Sandwich
Zesty Italian Cold Cut Sub
Breaded Chicken Patty
Sandwich
Falafel on Flat Bread
Chopped Spinach
Side Salad

21 Chicken Cheese Steak
PB & J Sandwich
Zesty Italian Cold Cut Sub
Hamburger on Bun
Veggie Wrap
Vegetarian Beans
Side Salad

22 Cheese Personal Pan Pizza
Turkey Pepperoni Personal
Pan Pizza
PB & J Sandwich
Zesty Italian Cold Cut Sub
Carrot Sticks
Side Salad

25 Breaded Cheese Sticks
Bread Sticks
Marinara Sauce Cup
Spicy Chicken Patty Sandwich
PB & J Sandwich
Zesty Italian Cold Cut Sub
Veggie Burger on
WG Hamburger Bun
Steamed Carrots
Side Salad

26 Chicken Po Boy
Boom Boom Sauce
PB & J Sandwich
Zesty Italian Cold Cut Sub
Tuna Salad
Saltine Crackers
Hummus Plate
Vegetarian Beans
Side Salad

27 Teriyaki Chicken
Brown Rice
Veggie Spring Roll
PB & J Sandwich
Zesty Italian Cold Cut Sub
Breaded Chicken Patty
Sandwich
Falafel on Flat Bread
Broccoli
Side Salad

28 Spiral Rotini w/Italian Meat
Sauce
Dinner Roll
Spicy Cheddar Goldfish
PB & J Sandwich
Zesty Italian Cold Cut Sub
Hamburger on Bun
Veggie Wrap
Corn
Side Salad

29 Cheese pizza Wedge
Turkey Pepperoni Stuffed Crust
Pizza
PB & J Sandwich
Zesty Italian Cold Cut Sub
Carrot Sticks
Side Salad

Daily Available Lunch Options

Milk Options:

1% White Milk, Fat Free

White Milk, Fat Free

Chocolate Milk, Fat Free

Strawberry Milk

Seasonal Fresh Fruit

Apples, oranges,
nectarines, plums,
watermelon, peaches,
bananas

All rolls, breads, and
tortillas are made with
whole grain.

Menu is subject change.

Milk

Condiments

Lunch Daily Available Nutritional