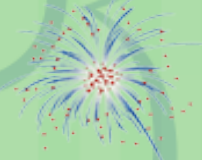


March 2020

High School Lunch Menu



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



| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--------|---|---------|---|--|---|----------|---|--------|--|
| 2 | Double Stack Burger on WG Bun Tortilla Chips & Salsa Spicy Chicken Patty Sandwich PB & J Sandwich Zesty Italian Cold Cut Sub Veggie Burger on WG Hamburger Bun Broccoli Side Salad | 3 | Beef Nachos Salsa Cup Sour Cream PB & J Sandwich Zesty Italian Cold Cut Sub Tuna Salad Saltine Crackers Hummus Plate Fiesta Taco Black Beans Side Salad | 4 | WG Chicken Tender Spicy WG Breaded Chicken Tender Honey Mustard Cup PB & J Sandwich Zesty Italian Cold Cut Sub Breaded Chicken Patty Sandwich Falafel on Flat Bread Oven Fries Side Salad | 5 | Sweet Chili Turkey Meatballs Brown Rice Pretzel Goldfish PB & J Sandwich Zesty Italian Cold Cut Sub Hamburger on Bun Veggie Wrap Steamed Carrots Side Salad | 6 | Cheese pizza Wedge Turkey Pepperoni Pizza Wedge PB & J Sandwich Zesty Italian Cold Cut Sub Carrot Sticks Side Salad |
| 9 | Pizza Cruncher Buffalo cheese cruncher Marinara Sauce Cup Spicy Chicken Patty Sandwich PB & J Sandwich Zesty Italian Cold Cut Sub Veggie Burger on WG Hamburger Bun Corn Side Salad | 10 | Breaded Drumstick Macaroni and Cheese Tuna Salad Saltine Crackers PB & J Sandwich Zesty Italian Cold Cut Sub Hummus Plate Green Beans Side Salad | 11 | Tangerine Chicken Brown Rice Veggie Spring Roll Duck Sauce PB & J Sandwich Zesty Italian Cold Cut Sub Breaded Chicken Patty Sandwich Falafel on Flat Bread Steamed Carrots Side Salad | 12 | Cheese pizza Wedge Turkey Pepperoni Pizza Wedge PB & J Sandwich Zesty Italian Cold Cut Sub Hamburger on Bun Veggie Wrap Carrot Sticks Side Salad | 13 | PD DAY Schools Closed |
| 16 | Breaded Chicken Patty Sandwich Spicy Chicken Patty Sandwich PB & J Sandwich Zesty Italian Cold Cut Sub Veggie Burger on WG Hamburger Bun Steamed Carrots Side Salad | 17 | Italian Meatball Sub PB & J Sandwich Zesty Italian Cold Cut Sub Tuna Salad Saltine Crackers Hummus Plate Corn Side Salad | 18 | Chicken Tikka Masala Brown Rice PB & J Sandwich Zesty Italian Cold Cut Sub Spicy Chicken Patty Sandwich Falafel on Flat Bread Fiesta Taco Black Beans Side Salad | 19 | Chicken Broccoli Cavatappi Garlic Knot PB & J Sandwich Zesty Italian Cold Cut Sub Veggie Wrap Chicken Fajita Wrap Chopped Spinach Side Salad | 20 | Cheese pizza Wedge Turkey Pepperoni Pizza Wedge PB & J Sandwich Zesty Italian Cold Cut Sub Carrot Sticks Side Salad |
| 23 | Steak Sub on WG Roll Cheese Steak Sub Spicy Chicken Patty Sandwich PB & J Sandwich Zesty Italian Cold Cut Sub Veggie Burger on WG Hamburger Bun Steamed Carrots Side Salad | 24 | Mild Boneless Wings Spicy Boneless Wings Corn Muffin PB & J Sandwich Zesty Italian Cold Cut Sub Tuna Salad Saltine Crackers Hummus Plate Vegetarian Beans Side Salad | 25 | Teriyaki Chicken Brown Rice PB & J Sandwich Zesty Italian Cold Cut Sub Breaded Chicken Patty Sandwich Falafel on Flat Bread Broccoli Side Salad | 26 | Meatloaf Gravy WG biscuit stick Cheez-it Crackers Zesty Italian Cold Cut Sub PB & J Sandwich Tuna Salad Hamburger on Bun Veggie Wrap Rosemary Garlic Potatoes Green Beans | 27 | Cheese pizza Wedge Turkey Pepperoni Pizza Wedge PB & J Sandwich Zesty Italian Cold Cut Sub Carrot Sticks Side Salad |
| 30 | Double Stack Burger on WG Bun Tortilla Chips & Salsa Spicy Chicken Patty Sandwich PB & J Sandwich Zesty Italian Cold Cut Sub Veggie Burger on WG Hamburger Bun Vegetarian Beans Side Salad | 31 | Savory Roasted Chicken Macaroni and Cheese PB & J Sandwich Zesty Italian Cold Cut Sub Tuna Salad Saltine Crackers Hummus Plate Broccoli Side Salad | <p>National Nutrition Month</p> <p>The importance of making informed food choices and developing sound eating and physical activity habits.</p> <p>www.eatright.org/food/resources/national-nutrition-month</p> | | | | | |