

March Text Menu 2020

Junior High Lunch Menu

Monday	2	Chicken Tenders with Buttered Noodles, Steamed Broccoli, Baby Carrots
Tuesday	3	Soft or Crunchy Tacos, Cheesy Refried Beans, Red Pepper Strips
Wednesday	4	Philly-Style Cheesesteak on Baguette, choice of toppings, Green Beans, Baby Carrots
Thursday	5	Rotini Pasta with Meat Sauce, Breadstick, Mixed Veggies, Italian Salad
Friday	6	Cheese Pizza Dippers with Sauce, Steamed Corn, Caesar Salad
Monday	9	BBQ Pulled Pork on a Ciabatta Roll, Steamed Broccoli, Baked Beans,
Tuesday	10	Pancakes, Sausage Patties, Tater Tots, Baby Carrots
Wednesday	11	Bacon Cheeseburger, French Fries, Green Beans
Thursday	12	Mashed Potato Bowl
Friday	13	SECONDARY CONFERENCES NO SCHOOL
Monday	16	Meatballs and Cheese on a Baguette, Green Beans, Italian Salad
Tuesday	17	General Tso's Chicken over Rice, Steamed Broccoli, Baby Carrots
Wednesday	18	Barbecued Rib Sandwich, French Fries, Steamed Carrots
Thursday	19	Toasted Cheese Sandwich, Tomato Soup, Green Beans
Friday	20	Italian Dunkers with Sauce, Steamed Corn, Caesar Salad
Monday	23	Chicken Tenders, Buttered Noodles, Steamed Broccoli, Baby Carrots
Tuesday	24	Wild Walking Taco, Mexican Rice, Mixed Veggies, Red Pepper Strips
Wednesday	25	Mini Corn Dogs, Steamed Corn, Baked Beans
Thursday	26	Fish Sticks, French Fries, Green Beans
Friday	27	Cheese or Pepperoni Pizza, Steamed Broccoli
Monday	30	Rodeo Burger, Cheesy Broccoli, Baby Carrots
Tuesday	31	Sloppy Joes, French Fries, Baked Beans

All meals come with Assorted 100% Fruit Juice or Assorted Fresh Fruit or Assorted Canned Fruit and Choice of Milk

What makes a complete meal? You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

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Components: Meat or meat alternate, Choice of Vegetable, Choice of Fruit, Grain/Bread, Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

Daily Fruit Selections May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Other Daily Features: Hamburger, Cheese Burger, Steak and Cheese, Chicken Patty on a Bun, Spicy Chicken Patty on a Bun, Chicken Nuggets with Pretzel Stick, BBQ Pork Sandwiches

Grill Options May include: Hamburger, Cheeseburger, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets and Grilled Cheese

Deli Selections May Include: Turkey, Ham, Buffalo Chicken on Wraps, Hoagies, or Flatbreads

Pizza Selections May Include: Cheese, Pepperoni, Buffalo Chicken Pizza, and Stuffed Crust

Fresh Salads May Include: Chicken Caesar, Garden, Spicy Chicken, Popcorn Chicken Salads

Lunch Prices: Student \$2.05. Reduced \$0.40. Adult \$3.05.

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