

# Lunch Menu

March 2019

## Watts Learning Center MS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Breaded Chicken Leg, Twisted Nacho Mac &amp; Cheese (335) Mexican Chicken Salad, Popped Corn Chips, Hot Sauce (25) Fat Free Chocolate Milk (280) 1% White Milk (50) Fruit (360) Vegetable (30)</p>	<p>5 -BBQ Western Cheeseburger, Oven Baked Fries (145) Southwest Chicken Salad, Dinner Roll, Dressing (25) Lunch Special- Spicy Chicken Patty Sandwich w/ Baked Fries (190) Fat Free Chocolate Milk (280) 1% White Milk (60) Fruit (360) Vegetable (43)</p>	<p>6 Turkey Chili, Corn Muffin (335) Chicken Taco Salad, Popped Corn Chips, Dressing (25) 1% White Milk (18) Fat Free Chocolate Milk (270) Fruit (360) Vegetable (72)</p>	<p>7 Beef Hot Dog w/ Oven Baked Fries (290) Club Sandwich *CONTAINS PORK* (40) Buffalo Chicken Salad, Dinner Roll, Dressing (30) 1% White Milk (30) Fat Free Chocolate Milk (280) Fruit (360) Vegetable (30)</p>	<p>1 Pizza- Watts Middle (392) Fat Free Chocolate Milk (220) 1% White Milk (100) Fruit (392) Vegetable (78)</p>
<p>11 Pick Up Stix- Watts Middle (380) 1% White Milk (30) Fat Free Chocolate Milk (290) Fruit (380) Vegetable (20)</p>	<p>12 -Chicken Patty Burger, Oven Baked Fries (340) Tuna Salad, Wheat Crackers, Dressing (20) Fat Free Chocolate Milk (290) 1% White Milk (20) Fruit (360) Vegetable (4)</p>	<p>13 Beef &amp; Broccoli, Not So Fried Rice (335) Cobb Salad, Corn Muffin, Ranch Dressing (25) 1% White Milk (30) Fat Free Chocolate Milk (285) Fruit (360) Vegetable (72)</p>	<p>14 Beef Nacho Potato Burrito (320) Chicken Taco Salad, Popped Corn Chips, Dressing (40) Fat Free Chocolate Milk (280) 1% White Milk (35) Fruit (360) Vegetable (72)</p>	<p>15 Pizza- Watts Middle (392) Fat Free Chocolate Milk (230) 1% White Milk (100) Fruit (392) Vegetable (78)</p>
<p>18 PD- No School</p>	<p>19 -Corn Dog, Oven Baked Fries (130) Southwest Chicken Salad, Dinner Roll, Dressing (30) Lunch Special- Chili Cheese Fries (200) 1% White Milk (40) Fat Free Chocolate Milk (280) Fruit (360) Vegetable (46)</p>	<p>20 Chicken Tamal, Mixed Vegetables (320) Buffalo Chicken Salad, Dinner Roll, Dressing (40) Fat Free Chocolate Milk (285) 1% White Milk (40) Fruit (360) Vegetable (72)</p>	<p>21 Plain Hamburger (335) Chicken Taco Salad, Popped Corn Chips, Dressing (25) Fat Free Chocolate Milk (285) 1% White Milk (35) Fruit (360) Vegetable (20)</p>	<p>22 Pizza- Watts Middle (392) Fat Free Chocolate Milk (240) 1% White Milk (100) Fruit (392) Vegetable (78)</p>
<p>25 Chicken BRC Burrito (55) Mexican Chicken Salad, Popped Corn Chips, Hot Sauce (30) Lunch Special- Twisted Nacho Mac &amp; Cheese (275) 1% White Milk (35) Fat Free Chocolate Milk (285) Fruit (360) Vegetable (20)</p>	<p>26 -Cheeseburger, Oven Baked Fries (340) Chicken Taco Salad, Popped Corn Chips, Dressing (20) 1% White Milk (30) Fat Free Chocolate Milk (270) Fruit (360) Vegetable (4)</p>	<p>27 Carnitas Nachos (*Contains Pork), Tortilla Chips (330) Cobb Salad, Corn Muffin, Ranch Dressing (30) 1% White Milk (40) Fat Free Chocolate Milk (270) Fruit (360) Vegetable (72)</p>	<p>28 Breakfast for Lunch- Pancakes, Sausage, Potato Tots (320) Southwest Chicken Salad, Dinner Roll, Dressing (40) Fat Free Chocolate Milk (270) 1% White Milk (40) Fruit (360) Vegetable (72)</p>	<p>29 Pizza- Watts Middle (392) Fat Free Chocolate Milk (230) 1% White Milk (100) Fruit (392) Vegetable (78)</p>



**MENU SUBJECT TO CHANGE WITHOUT NOTICE**  
Breakfast includes one entrée, fruit, and fat free white milk or 1% white milk.  
This institution is an equal opportunity provider.

# Breakfast Menu

March 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 *Banana Bread (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>5 *Chicken &amp; Waffle (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>6 *Yogurt w/Granola (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>7 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>1 Chicken Sausage Breakfast Sandwich (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>
<p>11 *Pan Dulce (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>12 Breakfast Cheese Tamal (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>13 *Mini Loaf, String Cheese (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>14 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>15 *French Toast Stix (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>
<p>18 <b>PD- No School</b></p>	<p>19 *Bean &amp; Cheese Burrito (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>20 Mango Breakfast Bar (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>21 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>22 Deluxe Breakfast (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>
<p>25 Strawberry Bagelful (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>26 Mini Confetti Pancakes Bites (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>27 *Coffee Cake (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>28 *Whole Grain Cereal, Whole Grain Bites (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>	<p>29 *Chicken Sausage Biscuit (390) 1% White Milk (195) Fat Free White Milk (195) Fruit (390)</p>



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