

MTN. SHADOWS MIDDLE SCHOOL



March

2019



Monday
INSIDE

REAL SLICE PEPPERONI PIZZA
C 270 F10 SF 3.5 CHO 32

KIOSK

MINI CHEESE BURGERS
C 287 F 8.1 SF 3 CHO 34.3

Tuesday
INSIDE

FRENCH BREAD PIZZA
C 310 F 12 SF 4.5 CHO 34

KIOSK

**ORIENTAL CHICKEN

Wednesday
INSIDE

STUDENT'S CHOICE
*SEE CHART →

KIOSK

CALZONE
C 410 F 16 SF 7 CHO 47

Thursday
INSIDE

COOK'S CHOICE
*SEE CHART →

KIOSK

CORN DOG
C 238 F 9.2 SF 2.5 CHO 27.8

Friday
INSIDE

SPICY CHICKEN SANDWICH
C 350 F 13 SF 2.5 CHO 42

3/8/19 & 3/15/19 MOZZARELLA STICKS
C 300 F 12 SF 7 CHO 36

3/22/19 & 3/29/19 FISH SANDWICH
C 320 F 5 SF 0.5 CHO 46

KIOSK

BEEF TACO STICK
C 345 F 12.82 SF 8.35 CHO 31.87

OFFERED DAILY INSIDE:

YOGURT/GRANOLA
C 290 F 4 SF 1.7 CHO 57

PB & J
C 300 F 17 SF 3 CHO 32

***Student's Choice:**

3/6/19 Chicken Fajita
C 212 F 5.98 SF 1.8 CHO 24.6

3/13/19 Pulled Pork Sandwich
C 333 F 15.34 SF 5.36 CHO 31.55

3/20/19 Queso Blanco Nachos
C 258 F 17 SF 6.3 CHO 18

3/27/19 Hot Dog
C 240 F 10.5 SF 2.5 CHO 26

***Cook's Choice:**

3/7/19 Chili Cheese Fries
C 262 F 10.9 SF 3.68 CHO 29.37

3/14/19 Build your own Burrito
C 279 F 8.98 SF 4.59 CHO 34.35

3/21/19 Beef Tostada Boat
C 302 F 18.05 SF 5.22 CHO 14.28

3/28/19 Pork Rib B Que Sandwich & Tater Tots
C 311 F 9.6 SF 2.4 CHO 38.1
C 120 F 7 SF 1 CHO 14



3/1/19 Dr. Seuss Birthday-Cupcakes
C 140 F 3 SF 1 CHO 26



3/15/19 Shamrock Cookie
C 120 F 6 SF 1.5 CHO 16



Choice Of: 1% White Milk, Nonfat Chocolate Milk & Strawberry Milk Offered with every meal.

*All grains served are Whole Grain Rich (WGR)



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www.k12paymentcenter.com

You may apply for
free or reduced priced meals at:
www.lunchapplication.com



**Orange Chicken
C 268 F 3.88 SF .68 CHO 43.39

**Spicy Sichuan Chicken
C 198 F 2.88 SF .68 CHO 28.39

ALL LUNCHES INCLUDE SALAD BAR
C=Calories, F=Fat, SF=Saturated Fat, CHO=Carbohydrates
Menu subject to change without notice