

MARCH 2019

Junior High Lunch Menu

Friday	1	NO SCHOOL – SECONDARY CONFERENCE
Monday	4	Parmesan Popcorn Chicken, Breadstick, Steamed Corn, Baby Carrots
Tuesday	5	Crunchy Tacos, Cheesy Refried Beans, Cherry Tomatoes
Wednesday	6	Fish & Chips with Dinner Roll, French Fries, Coleslaw
Thursday	7	Pasta with Meat Sauce, Breadstick, Green Beans, Romaine Salad
Friday	8	Italian Dunkers with Sauce, Green Peas, Red Pepper Strips
Monday	11	Meatball and Cheese Hoagie, Steamed Corn, Italian Salad
Tuesday	12	General Tso's Chicken over Rice, Steamed Broccoli, Red Pepper Strips
Wednesday	13	Walking Taco, Mexican Rice, Baked Beans, Baby Carrots
Thursday	14	Corn Dog, French Fries, Green Beans
Friday	15	Cheese Pizza Sticks with Sauce, Steamed Carrots, Green Peas
Monday	18	Hot Ham and Cheese on Pretzel Roll, Green Beans, Baby Carrots
Tuesday	19	Cheese Steak Hoagie, Baked Beans, Red Pepper Strips
Wednesday	20	Rodeo Burger, French Fries, Celery Sticks
Thursday	21	Chicken and Waffles, Mashed Potatoes, Steamed Corn
Friday	22	Toasted Cheese with Tomato Soup, Glazed Carrots, Caesar Salad
Monday	25	Parmesan Popcorn Chicken, Breadstick, Green Beans, Baby Carrots
Tuesday	26	Soft Tacos, Cheesy Refried Beans, Steamed Carrots
Wednesday	27	Chicken Mashed Potato with Dinner Roll, Mashed Potatoes, Steamed Corn
Thursday	28	Pasta and Meatballs, Green Peas, Italian Salad
Friday	29	Cheese Pizza Sticks with Sauce, Steamed Broccoli, Red Pepper Strips

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

What is a 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

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

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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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