



chartwells
Discovery
KITCHEN



Discovery

CAIRO JR HIGH SCHOOL: MARCH 2020 6-8 lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2. No School	3. Taco Tuesday Taco Nachos Tater Tot Seasoned Refried Beans Fruit Punch Juice Spinach Cranberry Salad	4. Spaghetti W/ Italian Meat Sauce Garlic Breadstick Savory Green Beans Strawberries Caesar Salad	5. Sweet & Sour Popcorn Chicken Dinner Roll Orange Glazed Carrots Pineapple Tidbits Lettuce Tomato Salad	6. Southern Style Pulled Pork Sandwich Baked Oven Fries Carolina Slaw Baked Apple Slices Spinach Cranberry Salad
9. Home-style Beef Chili Soft Baked Pretzel Seasoned Corn Broccoli Raisin Salad Chilled Peaches Caesar Salad	10. Taco Tuesday Beef Taco Supreme Tater Tot Cherry Tomatoes Fruit Punch Juice Caesar Salad	11. Roasted Turkey W/ Gravy Dinner Roll Mashed Potatoes Fresh Baby Carrots Blueberry Crisp Caesar Salad	12. Crispy Chicken Tenders w/ Gravy & Buttered Toast Baked Oven Fries Marinated Cucumbers Orange Wedges Caesar Salad	13. Classic Pepperoni Pizza Baked Beans Cranberry Sesame Spinach Salad Rosy Applesauce
16. Brooklynn Style Pepperoni Pizza Waffle Fries Fresh Broccoli Mixed Fruit Lettuce & Tomato Salad	17. Taco Tuesday Taco Nachos Hash Brown Patty Seasoned Refried Beans Lemon Lime Shamrock Slush Lettuce Tomato Salad	18. Smothered Pork Dinner Roll Mashed Potatoes Cherry Tomatoes Chilled Peaches Lettuce & Tomato Salad	19. Pancakes w/ Maple Syrup Pork Sausage Patty Tater Tot Fresh Carrots Baked Apple Crisp Lettuce Tomato Salad	20. No School
23. Chicken Nuggets Dinner Roll Mojo BBQ Sauce Curly Fries Fresh Carrots Cinnamon Orange Smiles Caesar Salad	24. Taco Tuesday Beef Taco Supreme Ancho Chili Mashed Potatoes Fresh Cherry Tomatoes Mixed Fruit Caesar Salad	25. Hotdog on Bun Oven Fries Baked Oven Fries Boston Baked Beans Chilled Peaches Caesar Salad	26. Homemade Chicken Noodle Soup Grilled Cheese Seasoned Corn Fresh Broccoli Florets Apple Juice Caesar Salad	27. Brooklyn Style Pizza Green Beans Caesar Salad Marinated Cucumbers Lemon Lime Shamrock Slush
30. BBQ Chicken Dinner Roll Seasoned Corn Marinated Cucumbers Blueberries w/ Balsamic & Thyme Spinach Cranberry Salad	31. Taco Tuesday Taco Nachos Tater Tot Seasoned Refried Beans Fruit Punch Juice Spinach Cranberry Salad			1% milk & skim flavored milk are offered daily. Each meal will offer main entrée, ¾ cup of vegetables & ½ cup of fruit.

Monday Tuesday Wednesday Thursday Friday

Turkey Ham Chef Salad w/ Dinner Roll, Croutons
Cheese & Pepperoni Pizza

Turkey Ham Chef Salad w/ Dinner Roll, Croutons
Cheese & Buffalo Pizza

Turkey Ham Chef Salad w/ Dinner Roll, Croutons
Cheese & Pepperoni Pizza
Crispy Chicken Patty

Turkey, Ham Chef Salad w/ Dinner Roll, Croutons
Cheese & Hawaiian Pizza
Cheeseburger

Turkey, Ham Chef Salad w/ Dinner Roll, Croutons
Cheese & Pepperoni Pizza
Three Cheese Pretzel