

# MARCH



**What makes a complete meal?**  
 - 3 of the 5 components  
 - At least 1/2 cup serving of fruit or 1/2 cup of vegetable  
**What is a Component?**  
 Meat or Meat Alternate  
 Grain / Bread      Fruit  
    Milk  
    Vegetable

**Choices of Fruit may include:**  
 100% juice; apple, grape, orange, fruit punch, fresh fruit; apples, bananas, oranges, pears, strawberries, melons  
 canned fruit; applesauce, pears, peaches, mixed fruit, or applesauce cups, strawberry cups, peach cups, dried cranberries, raisins.  
**Choice of Milk may include:**  
 Skim, 1% white, fat-free or low fat chocolate, strawberry, vanilla  
**Other Meal Options May Include:**  
 PB&J Jamwich or Fruit & Yogurt w/ String Cheese & Crackers,  
 Chef Salad w/ Dressing,  
 Ham and Cheese Hoagie,  
 Turkey and Cheese Hoagie

**Nutritious Friend of the Month is.....**



**Lunch Prices:**  
 Student \$2.05  
 Reduced \$.40  
 Adult \$3.05

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Chicken Bacon Ranch on a Ciabatta Roll Steamed Broccoli Baby Carrots 	3 Walking Taco with Mexican Rice Baked Beans Steamed Carrots Choice of Fruit Choice of Milk	4 Hot Ham & Cheese on a Pretzel Roll French Fries Baby Carrots Choice of Fruit Choice of Milk	5  General Tso's Chicken over Rice, Steamed Broccoli, Red Pepper Strips 	6 Italian Dunkers with Sauce Green Beans Italian Salad Choice of Fruit Choice of Milk
9 BBQ Chicken Sandwich French Fries Baby Carrots Choice of Fruit Choice of Milk	10  Crunchy Tacos, Cheesy Refried Beans, Steamed Broccoli	11 Philly-style Cheesesteak on a Baguette with choice of toppings Cheesy Potato Casserole Baby Carrots	12  Chicken Mashed Potato Bowl	13 <b>Secondary Conferences</b> <b>NO SCHOOL</b>
16 Bacon Cheeseburger Cheesy Broccoli Baby Carrots Choice of Fruit Choice of Milk	17  Chimichurri Pork Tacos Baked Beans Pico de Gallo 	18  Homemade Meatballs on a Baguette, Green Beans Caesar Salad	19 Fish Sticks with Mac & Cheese, Steamed Peas Stewed Tomatoes 	20 Toasted Cheese Sandwich Tomato Soup Steamed Broccoli Choice of Fruit Choice of Milk
23 Hot Ham & Cheese on a Croissant Steamed Broccoli Baby Carrots 	24 Chicken or Beef Nachos Baked Beans Steamed Corn Choice of Fruit Choice of Milk	25  Cheeseburger Wrap French Fries Baby Carrots 	26 Rotini Pasta with Meat Sauce, Breadstick, Steamed Peas and Italian Salad   	27 French Bread Pizza on a Baguette Green Beans Caesar Salad  
30 Rodeo Burger Baked Beans Baby Carrots Choice of Fruit Choice of Milk	31 French Toast Sticks, Sausage Patties, Tater Tots, Cucumber Slices   	<b>HELP WANTED:</b> We are in need of cafeteria staff ! Work 4-6 hours daily. Weekends, evenings and holidays off. Come join our team! For more information please call Heather @ 505-1512.		