




March 2020 Middle School Lunch

EVERYDAY FAVORITES	<u>Mondays</u> Hot 'N Spicy Chicken Sandwich Pepperoni & Sausage Pizza PB&J w/ Chips	<u>Tuesdays</u> Hamburger or Cheeseburger Cheese Lovers Pizza PB&J w/ Chips	<u>Wednesdays</u> Popcorn Chicken w/ Roll Meat Lovers Pizza PB&J w/ Chips	<u>Thursdays</u> Hamburger or Cheeseburger Pepperoni Pizza PB&J w/ Chips	<u>Fridays</u> Breaded Chicken Sandwich Cheese Pizza PB&J w/ Chips
SONO	Available Daily <i>SONO</i> Bar: Choose your base – Nachos or Burrito Choose a meat – Chicken or Beef Monday, Wednesday, Friday: Seasoned Chicken. Tuesday, Thursday: Buffalo Chicken Dip. Beef available Daily.				
Extra Extra	Chilled Fruit Fresh Fruit 100% Fruit Juice				
CREATE	2 Cheesy Baked Ziti w/ Garlic Toast Steamed Green Beans Fresh Celery Sticks	3 BBQ Glazed Meatballs w/ White Rice Steamed Corn Cucumber Salad	4 Breaded Cheese Sticks w/ Marinara Sauce French Fries Baby Carrots	5 Chicken Tenders w/ Mac & Cheese BBQ Baked Beans Broccoli Florets	6 <i>Breakfast for Lunch!</i> Bacon Egg & Cheese Waffle Sandwich Tater Tots Tossed Salad
CREATE	9 Chicken Chili Dip w/ Tortilla Chips Steamed Carrots Tossed Salad	10 BBQ Glazed Meatloaf w/ Dinner Roll Baked Beans Broccoli Salad	11 Oven Fried Chicken w/ Biscuit Mashed Potatoes w/ Gravy Fresh Celery Sticks	12 Spaghetti & Meatballs w/ Garlic Toast Steamed Green Beans Baby Carrots	13 No School
CREATE	16 Boneless BBQ Rib w/ Mac & Cheese Baked Beans Fresh Celery Sticks	17 <i>Happy St. Patty's Day!</i> Shepherd's Pie w/ Roll Steamed Corn Baby Carrots Peach Cobbler	18 Baked Ziti w/ Meat Sauce & Garlic Toast Seasoned Broccoli Cucumber Salad	19 Country Fried Steak w/ Gravy & Roll Mashed Potatoes Broccoli Florets	20 <i>Breakfast for Lunch!</i> French Toast Sticks w/ Scrambled Eggs & Sausage Tater Tots Tossed Salad
CREATE	23 Cheesy Steak Burrito French Fries Baby Carrots	24 Sweet & Sour Popcorn Chicken w/ Rice Glazed Carrots Broccoli Salad	25 BBQ Glazed Meatloaf w/ Dinner Roll Baked Beans Fresh Celery Sticks	26 Cheesy Chicken w/ Spanish Rice Seasoned Corn Tossed Salad	27 <i>Breakfast for Lunch!</i> Bacon Egg & Cheese Griddlecake Sandwich Tater Tots Cucumber Slices
CREATE	30 Cheesy Baked Ziti w/ Garlic Toast Steamed Green Beans Fresh Celery Sticks	31 BBQ Glazed Meatballs w/ White Rice Steamed Corn Cucumber Salad	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="font-size: 2em; font-weight: bold;">EAT RIGHT</div>  <div style="font-size: 2em; font-weight: bold;">BITE BY BITE</div> </div> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">NATIONAL NUTRITION MONTH MARCH 2020</p>		

A complete lunch includes choice of entrée (includes a source of protein and grain/bread accompaniments), choice of fruit/vegetable side dishes, and a choice of milk. A complete lunch must include a ½ cup fruit or vegetable. Milk choices include 1% white and fat free flavored. Menus subject to change.

Students: \$2.85 Reduced: No charge Adults: \$4.00

