

MARCH HIGH SCHOOL MENU

MONDAY 3/2	TUESDAY 3/3 Dr. Seuss's Birthday	WEDNESDAY 3/4	THURSDAY 3/5	FRIDAY 3/6
<p>Chicken Fajitas with Peppers and Onions</p> <p>Chili Cheeseburger on a Whole Grain Bun</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Spanish Rice Refried Beans Jalapeño Cornbread</p> <p>Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Who Roast Beast with Who Hash</p> <p>Green Eggs and Ham Sandwich (Fried Egg, Steamed Spinach, Ham and Swiss Cheese on a Croissant)</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Who Hash (Multicolored Roasted Potatoes and Onions) Green Beans Who Pudding (Rice Pudding) Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Whole Grain Fish Sticks with Tarter Sauce</p> <p>Meatball Sub on a Whole Grain Roll</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Cole Slaw Crispy Spiral Fries Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Roasted Pork Chop with Baked Apples</p> <p>Grilled Cheese on Texas Toast</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Twice Baked Potatoes Steamed Mixed Vegetables Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Hawaiian or Cheese Whole Grain Pizza with Homemade Sauce</p> <p>Pan Seared Tilapia with Ratatouille Ragout</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Tossed Salad with Low Fat Dressing, Roasted Potato and Vegetable Medley Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk</p>
MONDAY 3/9 National Meatball Day	TUESDAY 3/10	WEDNESDAY 3/11	THURSDAY 3/12	FRIDAY 3/13
<p>Spaghetti and Meatballs with Whole Grain Pasta and Marinara</p> <p>Veggie Lovers Flatbread</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Steamed Broccoli, Classic Caesar Salad Fresh Hand Fruit and Fresh Cantaloupe 1% Milk or FF Chocolate Milk</p>	<p>Lemon Herb Baked Chicken</p> <p>Corn Dogs with Honey Mustard</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Potato Cheddar Pierogie with Sour Cream Spinach Salad Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Beef Lasagna with Marinara Sauce and a Whole Grain Roll</p> <p>Chicken Cheese Steak Sub on a Whole Grain Roll</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Steamed Mixed Vegetables, Garlic Breadsticks Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk</p>	<p>Marinated Sliced Flank Steak with Mushroom Gravy</p> <p>Baked Macaroni and Cheese</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Southern Greens Scalloped Potatoes Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Meat Lovers Pizza or Cheese Whole Grain Pizza with Homemade Sauce</p> <p>Fish Sandwich on a Whole Grain Bun topped with American Cheese and Old Bay Cole Slaw</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Chef Salad, Steamed Green Beans Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>
MONDAY 3/16 National Corn Dog Day	TUESDAY 3/17 St. Patty's Day	WEDNESDAY 3/18	THURSDAY 3/19 National Poultry Day	FRIDAY 3/20 National Ravioli Day
<p>Barbecue Chicken</p> <p>Corn Dog with Honey Mustard</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Steamed Broccoli, Baked Beans Fresh Hand Fruit and Fresh Cantaloupe 1% Milk or FF Chocolate Milk</p>	<p>Corned Beef and Cabbage</p> <p>Grilled Turkey Ruben on Marble Rye</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Oven Roasted Potatoes Steamed Baby Carrots Fresh Hand Fruit and Diced Peaches 1% Milk or FF Chocolate Milk</p>	<p>Oven Fried Chicken Breast</p> <p>Grilled Veggie Burger with Cheese on a Whole Grain Bun</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Seasoned Mashed Potatoes Buttered Corn Fresh Hand Fruit and Diced Pears 1% Milk or FF Chocolate Milk</p>	<p>Sweet and Sour Chicken</p> <p>Vegetable Lo Mein</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Stir Fry Vegetables Roast Pork Eggroll Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>	<p>Veggie Lovers Pizza or Cheese Whole Grain Pizza with Homemade Sauce</p> <p>Jumbo Cheese Ravioli with Marinara</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Spinach Salad, Steamed Broccoli Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk</p>
MONDAY 3/23	TUESDAY 3/24	WEDNESDAY 3/25 National Waffle Day	THURSDAY 3/26 National Spanish Paella Day/National Spinach Day	FRIDAY 3/27
<p>Whole Grain Pancakes with Scrambled Eggs and Turkey Sausage</p> <p>Grilled Cheeseburger on a Whole Grain Bun</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Baked Tater Tots Watermelon Wedges Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Ground Beef Hard Tacos with Lettuce, Tomato, and Shredded Cheese</p> <p>Veggie Quesadilla with Sour Cream and Salsa</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Refried Beans, Spanish Rice Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Whole Grain Chicken Tenders and Waffles with Sugar Free Syrup</p> <p>Grilled Cheeseburger on a Whole Grain Bun</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Crispy Waffle Fries, Mixed Vegetables Fresh Hand Fruit and Applesauce 1% Milk or FF Chocolate Milk</p>	<p>Seafood Paella</p> <p>Sloppy Joe Sandwich on a Whole Grain Roll</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Spinach Salad Baked Seasoned Sweet Potatoes Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p><u>No School</u></p>
MONDAY 3/30	TUESDAY 3/31			
<p>Eggplant Parmesan</p> <p>Italian Sausage and Peppers Marinara Sub</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Steamed Mediterranean Vegetables with Olive Oil Parmesan Risotto Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>	<p>Baked Macaroni and Cheese</p> <p>Chicken Patty Sandwich on a Whole Grain Bun with Lettuce, Tomato and Cheese</p> <p>Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings</p> <p>Herb Roasted Red Potatoes Steamed Corn on the Cob Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk</p>			