### MARCH HIGH SCHOOL MENU

#### MONDAY 3/2
- Chicken Fajitas with Peppers and Onions
- Chili Cheeseburger on a Whole Grain Bun
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Spanish Rice
- Jalapeño Cornbread
- Fresh Fruit and Tropical Fruit Salad
- 1% Milk or FF Chocolate Milk

#### TUESDAY 3/3
- Dr. Seuss’s Birthday
- Who Roast Beast with Who Has
- Green Eggs and Ham Sandwich (Fried Egg, Steamed Spinach, Ham and Swiss Cheese on a Croissant)
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Who Hash (Multicolored Roasted Potatoes and Onions)
- Fresh Fruit and Tropical Fruit Salad
- 1% Milk or FF Chocolate Milk

#### WEDNESDAY 3/4
- Whole Grain Fish Sticks with Tartar Sauce
- Meatball Sub on a Whole Grain Roll
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Cole Slaw
- Fresh Fruit and Apple Sauce
- 1% Milk or FF Chocolate Milk

#### THURSDAY 3/5
- Roasted Pork Chop with Baked Apples
- Grilled Cheese on Texas Toast
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Twice Baked Potatoes
- Fresh Fruit and Apple Sauce
- 1% Milk or FF Chocolate Milk

#### FRIDAY 3/6
- Hawaiian or Whole Grain Pizza with Homemade Sauce
- Pan Seared Tilapia with Ratatouille Ragout
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Tossed Salad with Low Fat Dressing, Roasted Potato and Vegetable Medley
- Fresh Fruit and Pears
- 1% Milk or FF Chocolate Milk

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#### MONDAY 3/9
- National Meatball Day
- Spaghetti and Meatballs with Whole Grain Pasta and Marinara
- Veggie Lovers Flatbread
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Steamed Broccoli, Classic Caesar Salad
- Fresh Fruit and Fresh Cantaloupe
- 1% Milk or FF Chocolate Milk

#### TUESDAY 3/10
- Lemon Herb Baked Chicken
- Corn Dogs with Honey Mustard
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Potato Cheddar Pancake with Sour Cream
- Spinach Salad
- Fresh Fruit and Fresh Fruit Salad
- 1% Milk or FF Chocolate Milk

#### WEDNESDAY 3/11
- Beef Lasagna with Marinara Sauce and a Whole Grain Roll
- Chicken Cheese Steak Sub on a Whole Grain Roll
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Steamed Mixed Vegetables, Garlic Breadsticks
- Fresh Fruit and Apple Sauce
- 1% Milk or FF Chocolate Milk

#### THURSDAY 3/12
- Marinated Sliced Flank Steak with Mushroom Gravy
- Baked Macaroni and Cheese
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Southern Greens
- Fresh Fruit and Tropical Fruit Salad
- 1% Milk or FF Chocolate Milk

#### FRIDAY 3/13
- Meat Lovers Pizza or Cheese Whole Grain Pizza with Homemade Sauce
- Fish Sandwich on a Whole Grain Bun topped with American Cheese and Old Bay Cole Slaw
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Chef Salad, Steamed Green Beans
- Fresh Fruit and Fresh Fruit Salad
- 1% Milk or FF Chocolate Milk

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#### MONDAY 3/16
- National Corn Dog Day
- Barbecue Chicken
- Corn Dog with Honey Mustard
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Steamed Broccoli, Baked Beans
- Fresh Fruit and Fresh Cantaloupe
- 1% Milk or FF Chocolate Milk

#### TUESDAY 3/17
- St. Patty’s Day
- Corned Beef and Cabbage
- Grilled Turkey Ruben on Marble Rye
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Oven Roasted Potatoes
- Fresh Fruit and Diced Peaches
- 1% Milk or FF Chocolate Milk

#### WEDNESDAY 3/18
- Whole Grain Chicken Tenders and Waffles with Sugar Free Syrup
- Grilled Cheeseburger on a Whole Grain Roll
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Crispy Waffle Fries, Mixed Vegetables
- Fresh Fruit and Diced Pears
- 1% Milk or FF Chocolate Milk

#### THURSDAY 3/19
- National Poultry Day
- Sweet and Sour Chicken
- Stir Fry Vegetables
- Roast Pork Eggroll
- Fresh Fruit and Diced Pears
- 1% Milk or FF Chocolate Milk

#### FRIDAY 3/20
- National Ravioli Day
- Veggie Lovers Pizza or Whole Grain Pizza with Homemade Sauce
- Jumbo Cheese Ravioli with Marinara
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Spinach Salad, Steamed Broccoli
- Fresh Fruit and Fresh Fruit Salad
- 1% Milk or FF Chocolate Milk

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#### MONDAY 3/23
- National Waffle Day
- Whole Grain Pancakes with Scrambled Eggs and Turkey Sausage
- Grilled Cheeseburger on a Whole Grain Bun
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Baked Tater Tots
- Watermelon Wedges
- Fresh Fruit and Mixed Grapes
- 1% Milk or FF Chocolate Milk

#### TUESDAY 3/24
- Ground Beef Hard Tacos with Lettuce, Tomato, and Shredded Cheese
- Veggie Quesadilla with Sour Cream and Salsa
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Refried Beans, Spanish Rice
- Fresh Fruit and Mixed Grapes
- 1% Milk or FF Chocolate Milk

#### WEDNESDAY 3/25
- Whole Grain Chicken Tenders and Waffles with Sugar Free Syrup
- Grilled Cheeseburger on a Whole Grain Roll
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Crispy Waffle Fries, Mixed Vegetables
- Fresh Fruit and Diced Pears
- 1% Milk or FF Chocolate Milk

#### THURSDAY 3/26
- National Spanish Paella Day
- Seafood Paella
- Slppy Joe Sandwich on a Whole Grain Roll
- Spinach Salad
- Baked Seasoned Sweet Potatoes
- 1% Milk or FF Chocolate Milk

#### FRIDAY 3/27
- National Ravioli Day
- Who Roast Beast with Who Hash
- Green Eggs and Ham Sandwich (Fried Egg, Steamed Spinach, Ham and Swiss Cheese on a Croissant)
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Herb Roasted Red Potatoes
- Steamed Corn on the Cob
- 1% Milk or FF Chocolate Milk

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#### MONDAY 3/30
- Eggplant Parmesan
- Italian Sausage and Peppers Marinara Sub
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Steamed Mediterranean Vegetables with Olive Oil Parmesan Risoni
- Fresh Fruit and Mixed Grapes
- 1% Milk or FF Chocolate Milk

#### TUESDAY 3/31
- Baked Macaroni and Cheese
- Chicken Patty Sandwich on a Whole Grain Bun with Lettuce, Tomato and Cheese
- Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings
- Herb Roasted Red Potatoes
- Fresh Fruit and Pears
- 1% Milk or FF Chocolate Milk