

# MARCH HIGH SCHOOL MENU 2017-2018

| Monday 3/5   | Tuesday 3/6  | Wednesday 3/7  | Thursday 3/8  | Friday 3/9   |
|--|--|--|---|--|
| <p>Roast Turkey with Gravy and WG Roll OR Hot Dog on WW Bun with Mustard OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Roasted Sweet Potato<br/>Broccoli Florets<br/>Fresh Fruit and Applesauce<br/>1% Milk or FF Chocolate Milk</p>                             | <p>Beef Stew and WG Biscuit OR BBQ Chicken Sandwich on WW Bun OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Whole Kernel Corn<br/>Marinated Vegetable Salad<br/>Fresh Fruit and Pineapple<br/>1% Milk or FF Chocolate Milk</p>                              | <p>Shepherd Pie with WW Roll, Carrots and Pineapple Coleslaw OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Orange Juice and Fresh Apple<br/>1% Milk or FF Chocolate Milk</p>                        | <p>Asian Baked Chicken with WG Roll OR Egg and Sausage WG Sandwich OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">California Blend<br/>Seasoned Spinach<br/>Fresh Fruit and Pears<br/>1% Milk or FF Chocolate Milk</p>                      | <p>Taco or Cheese Pizza WG Crust OR Hamburger on WW Bun with Lettuce, Tomato and Ketchup OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Baked Beans<br/>Mixed Green Salad with Dressing<br/>Fresh Fruit and Peaches<br/>1% Milk or FF Chocolate Milk</p>                |
| Monday 3/12  | Tuesday 3/13   | Wednesday 3/14   | Thursday 3/15   | Friday 3/16  |
| <p>Spaghetti and Meat Sauce Casserole WG Bread Stick OR Turkey Burger on WW Bun with Tomato, Lettuce and Ketchup OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Green Peas<br/>Golden Chef Cut Vegetables<br/>Fresh Fruit and Pears<br/>1% Milk or FF Chocolate Milk</p> | <p>Herb Baked Chicken with WG Roll OR Steak/Cheese on WG Hoagie OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Broccoli Florets<br/>Cucumber and Tomato Salad<br/>Fresh Fruit and Applesauce<br/>1% Milk or FF Chocolate Milk</p>                            | <p>Beef, WG Macaroni and Tomato Casserole with Creamy Coleslaw, WG Roll and Carrots OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Apple Juice and Fresh Orange<br/>1% Milk or FF Chocolate Milk</p> | <p>Salisbury Steak with Gravy and WG Roll OR Spicy Chicken Burrito OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Roasted Sweet Potatoes<br/>Whole Kernel Corn<br/>Fresh Fruit and Peaches<br/>1% Milk or FF Chocolate Milk</p>             | <p>Sausage or Cheese Pizza WG Crust OR Fish WG Sandwich and Tartar Sauce OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">BBQ Baked Beans<br/>Tossed Salad with Dressing<br/>Fresh Fruit and Pineapple<br/>1% Milk or FF Chocolate Milk</p>                                      |
| Monday 3/19  | Tuesday 3/20   | Wednesday 3/21   | Thursday 3/22   | Friday 3/23  |
| <p>Roast Turkey with WG Stuffing, WW Roll and Gravy OR Sloppy Joe Sandwich on WW Bun OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Mashed Potatoes<br/>Broccoli Florets<br/>Fresh Fruit and Peaches<br/>1% Milk or FF Chocolate Milk</p>                         | <p>Meat and Cheese Lasagna with WG Bread Stick OR Crunchy Pollack Burger on WW Bun with Tartar Sauce OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Green Beans<br/>Marinated Vegetable Salad<br/>Fresh Fruit and Pears<br/>1% Milk or FF Chocolate Milk</p> | <p>WG Taco Casserole with Carrot Coins, Southwestern Coleslaw, and WG Roll OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Orange Juice and Fresh Apple<br/>1% Milk or FF Chocolate Milk</p>          | <p>Carolina BBQ Chicken with WG Roll OR Turkey Caritas Burrito on WG Tortilla OR Selection of Pre-made Salads and Sandwiches with WW Roll</p> <p style="text-align: center;">Sweet Potatoes Fries<br/>Seasoned Collard Greens<br/>Fresh Fruit and Pineapple<br/>1% Milk or FF Chocolate Milk</p>          | <p>Hamburger or Cheese Pizza on WG Crust OR Hot Dog on WW Bun with Mustard OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Baked Beans<br/>Mixed Green Salad with Dressing<br/>Fresh Fruit and Applesauce<br/>1% Milk or FF Chocolate Milk</p>                           |
| Monday 3/26  | Tuesday 3/27   | Wednesday 3/28   | Thursday 3/29   | Friday 3/30  |
| <p>Chili Bean WG Rice Casserole OR Grilled Cheese on WW Sandwich with Tomato Soup OR Selection of Pre-Made Salads, Roll and Dressing or Assorted Sandwiches</p> <p style="text-align: center;">Green Peas<br/>Pacific Chef Cut Vegetables<br/>Fresh Fruit and Pineapples<br/>1% Milk or FF Chocolate Milk</p>                          | <p>Krispy Chicken and WG Roll OR Meatball Sub on WG Bun OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Roasted Sweet Potatoes<br/>Spinach and Tomato Salad<br/>Fresh Fruit and Peaches<br/>1% Milk or FF Chocolate Milk</p>                           | <p>Cheesy Beef Casserole with Carrot Coins, Confetti Coleslaw and WG Roll OR Selection of Pre-made Salads with WW Roll and Dressing</p> <p style="text-align: center;">Apple Juice and Fresh Orange<br/>1% Milk or FF Chocolate Milk</p>           | <p>Meatloaf with WG Roll and Gravy OR Fish Sandwich WG Bun with Tartar Sauce OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Mashed Potatoes<br/>Broccoli Florets<br/>Fresh Fruit and Applesauce<br/>1% Milk or FF Chocolate Milk</p> | <p>BBQ Chicken or Cheese Pizza on WG OR Southwestern Turkey Burger on WW Bun Lettuce, Tomato and Ketchup OR Selection of Pre-Made Salads + WG Roll and Dressing or Assorted WG Sandwiches</p> <p style="text-align: center;">Spicy Baked Beans<br/>Tossed Salad with Dressing<br/>Fresh Fruit and Pears<br/>1% Milk or FF Chocolate Milk</p> |