

Breakfast MARCH 2020 Jr. Hi.

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Muffin or Cereal, Mixed Fruit, Fruit Juice, Low Fat Milk	Egg&Cheese Biscuit, Juice, Fruit, Low Fat Milk	Apple Bosco Stick OR Breakfast Sliders, Fresh Grapes, Juice, Low Fat Milk	Bacon Scramble Pizza, Chilled Fruit, Juice, Low Fat Milk	Waffle Sticks w Syrup OR Cereal, Chilled Fruit, Juice, Low Fat Milk
9	10	11	12	13
Cereal w String Cheese, Fresh Fruit, Juice, Low Fat Milk	Cinnamon Toast Sticks w Syrup OR Cereal, Chilled Pears, Juice, Low Fat Milk	Breakfast Sliders OR PB&J Uncrustable, Fresh Apple Slices, Juice, Low Fat Milk	Sausage Pizza, Chilled Fruit, Juice, Low Fat Milk	Blueberry Muffin or Cereal, Mixed Fruit, Fruit Juice, Low Fat Milk
16	17	18	19	20
Cinnamon Toast Sticks w Syrup OR Cereal, Diced Peaches, Juice, Low Fat Milk	Chocolate Muffin or Cereal, Mixed Fruit, Fruit Juice, Low Fat Milk	Egg Omelet, Biscuit & Jelly, Orange Wedges, Juice, Low Fat Milk	Piggle Stick w Syrup, OR Cereal Diced Peaches, Juice, Low Fat Milk	Breakfast Pizza OR Cereal, Pineapple , Juice, Low Fat Milk
23	24	25	26	27
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
30	31			
Cereal w String Cheese, Chilled Fruit, Juice, Low Fat Milk	Sausage Biscuit, Chilled Fruit, Juice, Low Fat Milk			

Lunch MARCH 2020 JR. HIGH

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cheeseburger on WG Bun, Potato Smiles, Corn, Chilled Fruit, Low Fat Milk	Chicken Nuggets, WG Roll, Mashed Potatoes, Gravy, Green Beans, Peaches, Low Fat Milk	Hot Dog on WG Bun OR Chicken & Cheese Quesadilla, Baked Beans, Celery Sticks (1/4 c), Fresh Fruit, Low Fat Milk	Pulled Pork BBQ, or Ham & Cheese Cup, WG Roll, Baked Potato, Steamed Broccoli, Peaches, Low Fat Milk	Breaded Mozzarella Cheese Sticks, Marinara Sauce (3oz.) OR Fish, Fresh Carrots w Ranch, Fresh Fruit, Low Fat Milk
9	10	11	12	13
Ham & Cheese OR Hamburger on WG Bun, Potato Smiles (1/2 c), Fresh Carrots & Ranch, Fresh Fruit, Low Fat Milk	Salisbury Steak, WG Roll, Mashed Potatoes, Gravy, Glazed Carrots, Fresh Fruit, Low Fat Milk	Chicken Smackers, WG Roll, Mashed Potatoes, Gravy, Glazed Carrots, Chilled Fruit, Low Fat Milk	Tacos OR Fajitas w Cheese & Lettuce, Refried Beans, Seasoned Corn, WG Shell, Blueberries, Low Fat Milk	Pizza, OR Cheesy French Bread, Romaine Salad with Tomatoes & Ranch, Fresh Fruit, Low Fat Milk
16	17	18	19	20
Chili with a Bosco Stick, Dragon Juice, Oven Fries, Assorted Fresh Fruit, Low Fat Milk	Spaghetti w Meat Sauce, WG Bread Stick, Romaine Salad w Tomatoes (1/4c), Chilled Fruit, Low Fat Milk	Mini Corn Dogs, Baked Beans, Fresh Carrots & Ranch, Fresh Fruit, Low Fat Milk	Teriyaki Nuggets OR Chicken Nuggets, WG Roll, Mashed Potatoes w Gravy, Peas, Fruit, Low Fat Milk	Macaroni & cheese OR Lasagna, Bread Stick, Marinara Sauce (3oz.), Romaine Salad, Ranch Dressing, Grapes, Low Fat Milk
23	24	25	26	27
SPRING	BREAK	YAY!!	SPRING	BREAK
30	31			
Chicken Patty on WG Bun, Oven Fries, Seasoned Corn, Chilled Fruit, Low Fat Milk	Salisbury Steak, WG Roll, Mashed Potatoes, Gravy, Glazed Carrots, Fresh Fruit, Low Fat Milk			