



Gilles Sweet Lunch

March 2019

In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins

You can steam brussels sprouts and toss them with olive oil, Parmesan cheese, or butter.



Monday

Tuesday

Wednesday

Thursday

Friday

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[Blank menu box]

Tony's **1**
French Bread Pizza
Steamed broccoli
Fruit Slushies

Stuffed **4**
Cheeseburger
Vegetable blend
Malibu

Take out Tuesday **5**
Sweet & Sour
chicken
Brown rice
Asian Vegetables

Beef Burrito bowl **6**
Fiesta Chicken
Black Beans
Brown Rice
Let, tom & cheese

Tyson Chicken **7**
Nuggets
Sweet Potato FF
Celery sticks W/dip
WG roll

Bosco Cheese **8**
sticks
W/dipping sauce
Steamed Corn

Italian **11**
Meatball Sub
Green Beans

Beef Soft Taco **12**
Mexican rice
Black beans

Golden Crispy **13**
Boneless wings
Sweet Potato Puffs
Roll

Loaded Chili **14**
Baked Potato
Topped with cheese
Celery sticks W/dip

NO SCHOOL 15

18
Italian Pepperoni
Calzone
Celery Sticks W/dip

BBQ Chicken **19**
Sandwich
Coleslaw
Mandarin oranges

Cheese **20**
Quesadilla
Vegetarian Beans
Salsa & sour cream

Breaded Chicken **21**
Sandwich
French Fries
Baked Apples

Boars Head **22**
Turkey Sandwich
Lett, tom & cheese
Broccoli

Chicken Alfredo **25**
Rotini Pasta &
meatballs
Vegetable blend
Malibu

Walking Taco **26**
Black beans
Let, tom & cheese

Baked Chicken **27**
Drumstick
Sweet Potato FF
WG dinner roll
Celery sticks W/dip

28
Roadhouse Burger
French FF
Baked apples

Tony's **29**
French bread Pizza
Steamed broccoli
Fruit slushies

Announcements

Served Daily:

- PB & J
- Salad Bar
- Grilled Cheese
- Tomato Soup
- Hummus Platter
- Yogurt Parfait

Meal Prices

Students: \$2.65
Adults: \$4.10