



HS – MS 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



Home style Popcorn chicken
mashed potato bowl
WG dinner roll **1**

Chicken Alfredo Rotini & meatballs with marinara sauce
Steamed Broccoli **4**

Walking Taco Black Beans
WG Cookie
Lett, tom and cheese
Sour cream **5**

BBQ Chicken sandwich
Coleslaw
Baby carrots w/dip **6**

Roadhouse Burger
French Fries
Baked apples **7**

Macaroni & cheese with buffalo chicken
Vegetable blend
Malibu
WG dinner roll **8**

Italian Meatball Sub topped with mozzarella cheese
Steamed Green Beans **11**

Take Out Tuesday
Sweet & sour chicken
Asian Vegetable blend
Steamed broccoli **12**

Baked chicken drumstick
Baked beans
WG Cookie
WG roll **13**

Bacon Cheeseburger
Sweet potato FF
Baked apples **14**

15
NO SCHOOL

Breaded Chicken Sandwich
Steamed Green Beans
Baby carrots w/dip **18**

Loaded Baked potato with chili
Topped with cheese **19**

Italian Pepperoni Calzone
Steamed broccoli
WG Cookie **20**

Boars head turkey Sandwich
French fries
Baked apples
Lett, tom & cheese **21**

Home style Popcorn chicken
mashed potato bowl
WG dinner roll **22**

Chicken Alfredo Rotini & meatballs with marinara sauce
Steamed Broccoli **25**

Walking Taco Black Beans
WG Cookie
Lett, tom and cheese
Sour cream **26**

BBQ Chicken sandwich
Coleslaw
Baby carrots w/dip **27**

Roadhouse Burger
French Fries
Baked apples **28**

Macaroni & cheese with buffalo chicken
Vegetable blend
Malibu
WG dinner roll **29**

Announcements

Daily Options:

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

Meal Prices

Students: \$3.15
Adults: \$4.10