



# Unatego MS/HS Lunch Menu

# March 2018

**InSeason! Brussels Sprouts**

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins. They even contain protein, and well-known antioxidants like vitamin C.



You can steam Brussels sprouts and toss them with olive oil, Parmesan cheese, or butter. You can roast them and quarter them, then toss them like a salad with onions, feta cheese, and balsamic vinegar.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**“USDA is an equal opportunity provider and employer**

01  
Ultimate Chicken Bowl  
(Chicken, Mashed Potatoes, Gravy, and Cheese)  
Corn  
Whole Grain Dinner Roll

02  
Assorted Classic Pizzas  
Crispy Fish on Whole Grain Bun  
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers

05  
French Toast Sticks  
Country Hash Browns  
Breakfast Sausage  
Warm Apple Sauce

06  
Beef Taco on Whole Grain Tortilla  
W/ Lettuce and Tomato  
Sour Cream and Salsa  
Corn

07  
Roasted Turkey Mashed Potatoes  
And Gravy  
Stuffing & Green Beans  
Whole Grain Dinner Roll

08  
Assorted Classic Pizzas  
Roasted Broccoli

09  
**No School**  


12  
Cheeseburger/Hamburger on Whole Grain Bun  
W/ Lettuce and Tomato  
French Fries

13  
Chicken & Gravy Over Biscuit  
Seasoned Carrot Coins

14  
BBQ Chicken Melt on Whole Grain Sub Roll  
Baked Beans  
Macaroni Salad

15  
Pasta Pizza Bake  
Garlic Bread  
Green Beans

16  
Assorted Classic Pizzas  
Crispy Fish on Whole Grain Bun  
Romaine and Spinach Salad with Tomatoes, Fresh Cucumbers  
Assorted Sandwiches

19  
Chicken Nuggets  
Sweet Potato Tots  
Whole Grain Roll

20  
Nachos W/ Beef and Cheese  
W/ Salsa and Sour Cream  
Refried Beans  
Seasoned Rice

21  
Italian Pepperoni and Cheese Roll  
W/ Marinara Sauce  
Green Beans

22  
Homemade Chicken Alfredo over Penne Pasta  
Garlic Bread Stick  
Seasoned Peas

23  
Assorted Classic Pizzas  
Crispy Fish on Whole Grain Bun  
Roasted Broccoli

26  


27  


28  


29  
**Get outside and WALK!!**

30  


## Announcements

**Available Daily:**  
Canned Fruit, Fresh Fruit, Fresh Veggie, Hot Veggie of the Day  
May Choose up to two (2)

**Milk Choices:**  
1% White  
Skim Chocolate,

**Daily Choices:**  
Grab and Go Bar  
Sandwich Station  
Smoothies  
Fresh Salads  
Wrap of the Day

**Menu subject to change without notice**

## Meal Prices

**Lunch**  
K-5<sup>th</sup> \$2.00  
6<sup>th</sup>-12<sup>th</sup> \$2.10  
Reduced \$.25

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