



# 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]

[Blank]

Pepperoni Roll **1**  
w/Marinara Sauce  
Romaine & Spinach  
Salad

Toasted Cheese Sandwich **4**  
Campbell's Tomato Soup  
Green Beans

Walk Away Taco **5**  
Meat & Cheese  
Golden Corn

Chicken & Biscuits **6**  
Seasoned Carrots

BBQ Chicken Breast **7**  
WG Roll  
Seasoned Rice  
Roasted Broccoli

No School **8**

Cheese Ravioli **11**  
Garlic Toast  
Roasted Broccoli

Loaded Nachos **12**  
w/ Meat or Chicken  
Salsa & Cheese  
Refried Beans  
Golden Corn

Chicken Spiedies **13**  
WG Roll  
French Fries  
Carrot Coins

Turkey & Gravy **14**  
Mashed Potatoes  
WG Roll  
Peas

Assorted Classic **15**  
Pizza  
Romaine & Spinach  
Salad

Macaroni & Cheese **18**  
WG Roll  
Carrot Coins

Chicken Rotini **19**  
Alfredo  
WG Dinner Roll  
Green Beans

Ultimate Chicken Bowl **20**  
Popcorn Chicken  
Mashed Potatoes  
Gravy, Cheese, & Corn

BBQ Pulled Pork **21**  
On WG Roll  
Coleslaw  
Broccoli

French Bread Pizza **22**  
Romaine & Spinach  
Salad  
W/ Chick Peas

Baked Ziti **25**  
Garlic Toast  
Green Beans

Loaded Tacos **26**  
W/ Meat or Chicken  
Cheese & Salsa  
Rice  
Golden Corn

Crunchy **27**  
Chicken Tenders  
Cheesy Rice  
Carrots

Chicken Patty **28**  
or Chicken Parmesan  
on WG Roll  
Tator Tots  
Roasted Broccoli

Pepperoni Roll **29**  
w/Marinara Sauce  
Romaine & Spinach  
Salad

## 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 White,  
Skim Chocolate

**Daily Choices:**  
Sandwich of the Day  
PB&J  
Fruit Smoothies  
Fruit Parfaits

**Menu subject to change without notice**

## Meal Prices

**Breakfast and Lunch will be served at NO COST to students for the 18/19 school year!**

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