Available Daily

PB&J Sandwiches
Yogurt Parfaits
Baby Carrots
Apple Slices
1 Cup of Garden Salad
Yogurt, String Cheese and Cheez-its
Fat Free Chocolate, Strawberry, White Milk
1% White Milk
Juice

*Menu item contains pork
Students may take 2 vegetables & 1 fruit

Salad Choice of the Day

Monday
Southwestern Chicken Salad

Tuesday
Chef Salad

Wednesday
Country Chicken

Thursday
Chef Salad

Friday
Hawaiian Chicken Salad

Monday, March 2
Pizza,
Mini Cheeseburger Sliders
Garden Salad, Corn
Applesauce, Fresh Fruit

Tuesday, March 3
Chicken Nuggets w/Roll,
Macaroni and Cheese with Fish Sticks
Steamed Cabbage, Cherry Tomatoes w/Dip
Sliced Peaches, Fresh Fruit

Wednesday, March 4
Corndog,
Teriyaki Chicken Bowl w/Roll
Baked Beans, Broccoli
Mixed Fruit Cup, Fresh Fruit

Thursday, March 5
Buffalo Pizza Crunchers,
Spaghetti w/Meat Sauce and Roll
Green Beans, Butternut Squash
Pineapple Chunks, Fresh Fruit

Friday, March 6
Pizza,
Crispy Chicken Patty on Bun
French Fries, Spinach
Chilled Pears, Fresh Fruit

Monday, March 9
Spicy Chicken Tenders w/Roll
Grilled Cheese Sandwich
Sweet Potatoes, Green Peas
Sliced Peaches, Fresh Fruit

Tuesday, March 10
Mozzarella Cheese Sticks,
Nacho w/Chili & Cheese and Roll
Refried Beans, Collard Greens,
Applesauce, Fresh Fruit

Wednesday, March 11
Chicken Nuggets w/Roll
Pizza
Garden Salad, Broccoli
Chilled Pears, Fresh Fruit

Thursday, March 12
Crispy Chicken Patty on Bun,
Mini Ravioli with Roll
Green Beans, Potato Rounds
Spiced Apples, Fresh Fruit

Friday, March 13
Pizza,
Totally Taco Max Snax,
Corn, Garden Salad
Fruit Cup, Fresh Fruit

St. Patrick’s Day

March 17
Follow a Rainbow to a Pot o’ Gold!
Monday, March 16
Crispy Chicken Patty on Bun,
Mini Cheeseburger Sliders
Baked Beans, Broccoli
Fruit Cup, Fresh Fruit

Tuesday, March 17
Popcorn Chicken Bowl w/Roll,
Pizza
Corn, Garden Salad
Applesauce, Fresh Fruit

Wednesday, March 18
Mozzarella Cheese Sticks,
Barb-B-Que on Bun,
Sweet Potato Waffle Fries, Coleslaw
Sliced Peaches, Fresh Fruit

Thursday, March 19
Grilled Cheese Sandwich,
Baked Chicken with Roll
Mashed Potatoes w/Gravy, Green Peas
Mixed Fruit Cup, Fresh Fruit

Friday, March 20
Pizza
Chicken Parmesan Sandwich
Garden Salad, Spinach
Chilled Pears, Fresh Fruit

Monday, March 23
Cheese Quesadilla,
Nachos w/Chili & Cheese and Roll
Baked Sweet Potato, Refried Beans
Fruit Cup, Fresh Fruit

Tuesday, March 24
Hamburger/Cheeseburger on Bun,
Teriyaki Chicken Bowl with Roll
Baked Beans, Broccoli
Fruit Cup, Fresh Fruit

Wednesday, March 25
Pizza,
Wafer Steak & Cheese on Bun
Garden Salad, Corn
Sliced Peaches, Fresh Fruit

Thursday, March 26
Hot Dog on Bun,
Pizza Quesadilla
Cherry Tomatoes w/Dip, Green Beans
Applesauce, Fresh Fruit

Friday, March 27
Popcorn Chicken w/Roll
Pizza
French Fries, Spinach
Chilled Pears, Fresh Fruit

Monday, March 30
Pizza,
Mini Cheeseburger Sliders
Garden Salad, Corn
Applesauce, Fresh Fruit

Tuesday, March 31
Chicken Nuggets w/Roll
Macaroni and Cheese w/Fish Sticks
Steamed Cabbage, Cherry Tomatoes w/Dip
Sliced Peaches, Fresh Fruit

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**Below the numbers in millions, the number of teen drivers on the road in the United States:**

9.5

**By the numbers:**

- Millions of teen drivers on the road in the United States
- 9.5

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**Eat fit, wanna stay fit? gotta eat right!**

**Item:**
French Fries

**Verdict:**
Rarely, please

**Tip:**
Sorry to break this to you, but deep-fried french fries have very little actual nutritional value. You should really only eat them once in awhile, and if you never eat another one, you’d be OK. Now, potatoes -- baked, mashed, oven-“fried” -- can be a nutritious part of your regular vegetable rotation. But deep-fried french fries, not so much.