

## SENIOR HIGH LUNCH MENU/MARCH 1 – 29, 2019

MENU SUBJECT TO CHANGE

SALAD BAR OFFERED DAILY

**TWO COMPONENTS MAY BE DECLINED BUT MUST HAVE ½ c FRUIT OR VEGETABLE**

IN ACCORDANCE WITH FEDERAL LAW AND U.S. DEPARTMENT OF AGRICULTURE POLICY, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX, AGE, OR DISABILITY.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*WG/Whole Grain Rich				1 HOT DOG OR CHILI DOG ON WG BUN w/catsup/mustard/relish TATER TOTS BAKED BEANS PEARS, MANDARIN ORANGES, OR APPLE SLICES CHEDDAR GOLDFISH MILK
4 WG POPCORN CHICKEN w/bbq/sweet/sour MASHED POTATOES & GRAVY PEAS WG BISCUIT MANDARIN ORANGES, APPLESAUCE, OR PEARS MILK	5 BREADED MOZZARELLA STICKS w/marinara sauce ¼ c GREEN BEANS CORN MIXED FRUIT, PINEAPPLE, OR PEARS FRUIT ROLL UP MILK <b>**TACO TUESDAY**</b>	6 SCHOOL IMPROVEMENT DAY  EARLY DISMISSAL  NO LUNCH SERVED	7 CHICKEN & NOODLES GLAZED CARROTS LETTUCE SALAD w/ff dressing DICED TOMATOES/CUCUMBERS WG BREAD SLICE APPLESAUCE, MANDARIN ORANGES, OR PEACHES WG SUGAR COOKIE MILK	8 GENERAL TSO OR ORANGE CHICKEN ASIAN FRIED RICE STEAMED BROCCOLI EGG ROLL w/sweet & sour MANDARIN ORANGES, PEACHES OR PINEAPPLE FORTUNE COOKIE MILK
11 WG CHICKEN TENDERS w/bbq/sweet/sour MASHED POTATOES & GRAVY BABY CARROTS w/ff dip WG BREAD SLICE APPLESAUCE, MIXED FRUIT, OR PEACHES MILK	12 BBQ RIB ON WG BUN w/pickles CHEESY POTATOES PEAS ORANGE, PINEAPPLE, OR PEARS CHEX MIX MILK	13 SPAGHETTI w/MEAT SAUCE GREEN BEANS LETTUCE SALAD w/ff dressing DICED TOMATOES/CUCUMBERS GARLIC BREAD PINEAPPLE, PEARS, OR MIXED FRUIT MILK	14 WG CHEESE OR CHICKEN QUESADILLA W/SALSA/SOUR CREAM SEASONED BLACK BEANS CORN MANDARIN ORANGES, PEACHES, OR MIXED FRUIT MILK	15 WG MINI CORN DOGS w/catsup/mustard SWEET POTATO FRIES PORK & BEANS PEACHES, APPLESAUCE, OR PEARS MILK
18 WG CHICKEN NUGGETS w/bbq/sweet/sour SWEET POTATO PUFFS LETTUCE SALAD w/ff dressing DICED TOMATOES/CUCUMBERS WG PRETZEL ROD W/CHEESE APPLESAUCE, PINEAPPLE OR PEACHES MILK	19 CHEESEBURGER ON WG BUN w/catsup/mustard/mayo/pickles OVEN FRIES CELERY & CARROT STICKS ¼ c ea w/ff dip ORANGE, PINEAPPLE, OR PEARS MILK	20 TURKEY MANHATTAN (Turkey Gravy, Mashed Potatoes ½ c, Bread Slices) PEAS APPLE SLICES, PEARS, OR RAISINS MILK	21 MEXICAN GOULASH LETTUCE SALAD w/ff dressing DICED TOMATOES/CUCUMBERS SEASONED BLACK BEANS APPLESAUCE, MIXED FRUIT, OR PEACHES CORNBREAD MILK	22 WG CHEESE, WG PEPPERONI, OR SAUSAGE PIZZA SLICE GREEN BEANS CORN PEARS, APPLE SLICES, OR PINEAPPLE MILK
25 CHICKEN FRYZE w/bbq or sweet/sour SAVORY CUBES BAKED BEANS WG PRETZEL ROD W/CHEESE MANDARIN ORANGES, PEACHES, OR APPLESAUCE MILK	26 CHICKEN PATTY ON WG BUN w/mayo & pickles SCALLOPED POTATOES PEAS ORANGE, PEACHES, OR PINEAPPLE OATMEAL RAISIN COOKIE MILK	27 TWO SOFTCHICKEN TACOS SALSA/SOUR CREAM SHREDDED LETTUCE CHEESE ½ oz DICED TOMATOES MEXICAN RICE REFRIED BEANS PEARS, PEACHES, OR PINEAPPLE MILK	28 RAVIOLI W/MEAT SAUCE LETTUCE SALAD w/ff dressing DICED TOMATOES/CUCUMBERS GREEN BEANS WG GARLIC BREADSTICKS APPLE SLICES, PINEAPPLE, OR RAISINS MILK	29 TERIYAKI CHICKEN ASIAN FRIED RICE CORN EGG ROLL w/sweet & sour PINEAPPLE, MANDARIN ORANGES, OR MIXED FRUIT CINNAMON GRAHAMS MILK