

### **MEAL PRICES**

**BREAKFAST - Free for ALL STUDENTS** 

Served from 6:45-7:15

**LUNCH-\$3.50 DELI LUNCH-\$4.00** Free for all students eligible for free OR reduced priced meals

#### Friday, March I

Buffalo Chicken Dip with Tortilla Chips

Twisted Breadsticks with Sauce

Bacon or Cheese Pizza



Assorted Grab & Go Meals Fresh Chicken Salad Breaded Chicken Wraps Yogurt Parfait Meals

Build Your Own Salad at the deli on Monday, Thursday, or Friday

#### All Lunches Include:

Rainbow Fruit Tray Rainbow Vegetable Tray Students must select at least one fruit or vegetable to make a complete meal

Ice Cold Flavored or



# Carrots

have more beta carotene than any other veggie, great for eyesight and for fighting infections.

#### Monday, March 4

Chicken Patty with Cheese, Lettuce. Tomato & Side of **Buffalo Ranch** 

> Hot Queso, Salsa & Tortilla Chips

**Buffalo Chicken** or Cheese Pizza

#### Tuesday, March 5

Spicy Chicken Patty

Wild Mike's Bites with Side of Sauce

Deluxe Chicken Sandwich

#### Wednesday, March 6

Steak & Cheese Panini with Potato Gems

> Popcorn Chicken with Grain Side

> > Max Sticks with Sauce

#### Thursday, March 7

#### **EARLY RELEASE**

French Toast & Sausage Links with Potato Puffs

Pancake & Sausage Breakfast Stick with Potato Puffs

**Yogurt Parfait** 

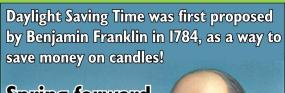
#### Friday, March 8

#### **EARLY RELEASE**

Egg, Sausage & Cheese Bagel with Hash Browns

> Breakfast Pizza with Hash Browns

Yogurt Parfait



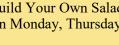




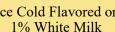




















#### Monday, March II

Chicken Patty with Cheese, Lettuce, Tomato & Side of Buffalo Ranch

> Hot Queso, Salsa & Tortilla Chips

Buffalo Chicken or Cheese Pizza

#### Tuesday, March 12

Chicken Tenders with Dipping Sauce & Grain Side

Wild Mike's Bites with Side of Sauce

Deluxe Chicken Sandwich

#### Wednesday, March 13

Beef Taco Baked Potato & Biscuit with Side of Cheese and Sour Cream

Corn Dogs with Dipping Sauce

Max Sticks with Sauce

#### Thursday, March 14

Pasta & Meat Sauce, Roll & Parmesan Cheese

Popcorn Chicken with Grain Side

Pepperoni or Cheese Pizza

#### Friday, March 15

Asian Dumpling with fried rice

Twisted Breadsticks with sauce

Bacon or Cheese Pizza

## NUTRITION TOGO

Turns out Grandma was right:
chicken soup IS good for a cold!
Chicken soup helps to ease cold
symptoms by breaking up congestion,
keeping you hydrated, and even acting
as an anti-inflammatory. The taste
and aroma can be therapeutic, too!
There's no cure for a cold, but a
piping hot bowl of soup can
at least offer some relief.

## A QUICK BITE FOR PARENTS

#### Monday, March 18

Chicken Patty with Cheese, Lettuce, Tomato & Side of Buffalo Ranch

> Hot Queso, Salsa & Tortilla Chips

Buffalo Chicken

#### Tuesday, March 19

Spicy Chicken Patty

Wild Mike's Bites with Side of Sauce

Deluxe Chicken Sandwich

#### Wednesday, March 20

#### **EARLY RELEASE**

Fiesta Scramble Burrito with Hash Browns

Pancake & Sausage Breakfast Stick with Hash Browns

Yogurt Parfait

#### Thursday, March 21

Pasta & Meat Sauce, Roll & Parmesan Cheese

Chicken Nuggets with Soft Pretzel

Pepperoni or Cheese Pizza

#### Friday, March 22

General Tso's Chicken with Rice

Twisted Breadsticks with Sauce

Bacon or Cheese Pizza

#### Monday, March 25

Chicken Patty with Cheese, Lettuce, Tomato & Side of Buffalo Ranch

> Hot Queso, Salsa & Tortilla Chips

Buffalo Chicken or Cheese Pizza

#### Tuesday, March 26

Chicken Tenders with Dipping Sauce & Grain Side

Wild Mike's Bites with Side of Sauce

Deluxe Chicken Sandwich

#### Wednesday, March 27

Cheeseburger with Special Sauce & Potato Wedges

Corn Dogs with Dipping Sauce

Max Sticks with Sauce

### Thursday, March 28

Pasta & Meat Sauce, Roll & Parmesan Cheese

Popcorn Chicken with Grain Side

Pepperoni or Cheese Pizza

#### Friday, March 29



No School Today

