



Lunch Menu
9-12th Grade
March 2023

Serving Sizes are as follows:

9- 12th Grade – Meat/MA 2oz, Grain 2oz, Vegetable 1 cup, Fruit 1 cup, Low Fat or 1% unflavored or flavored milk 8oz

Monday	Tuesday	Wednesday	Thursday	Friday
February 27 Mac & Cheese w/ WG Pasta Green Beans Fruit Milk	February 28 Swedish Meatballs Brown Rice Peas Fruit Milk Veggie Meatballs	March 1 BBQ Chicken & Cheese Wrap on WG Flour Tortilla Carrot Sticks Fruit Milk Tofu BBQ	March 2 Turkey & Cheese Sandwich WG Sandwich Roll Fresh Broccoli w/ Ranch Garbanzo Beans Fruit Milk Cheese Sandwich	March 3 WG Chicken Tenders Mashed Potatoes Honey Mustard Fruit Milk Veggie Nuggets
March 6 Balsamic Grilled Chicken Brown Rice Green Beans Cheez-Its Fruit Milk Balsamic Tofu	March 7 Scrambled Eggs with Cheese WG Biscuit Breakfast Potatoes Fruit Milk	March 8 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese Garbanzo Beans WG Dinner Roll x2 w/ Butter Italian Dressing Fruit Milk Edamame	March 9 BBQ Meatballs Hoagie w/ Cheese WG Hoagie Roll Peas Fruit Milk Veggie Meatballs "National Meatball Day"	March 10 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks x2 w/ Ranch Fruit Milk Cheese Sandwich
March 13 Grilled Chicken Parmesan w/ Marinara Sauce and Mozzarella Cheese over WG Pasta Green Beans Cheez-Its Fruit Milk Tofu Parmesan "Italian"	March 14 Shepherd's Pie (ground beef, mashed potatoes, peas, gravy) California Veg WG Dinner Roll x2 w/ Butter Fruit Milk Lentil Pie "Irish"	March 15 Chicken Gyro on WG Pita Bread Shredded Lettuce and Diced Tomatoes Tzatziki Sauce Garbanzo Beans Fruit Milk Cheese Sandwich "Greek"	March 16 SW Chicken and Cheddar Wrap w/Salsa Ranch Dressing Carrot Sticks x2 Fruit Milk Edamame Wrap "Southwest"	March 17 Corned Beef WG Dinner Roll x2 w/ Butter Roasted Potatoes & Cooked Broccoli Fruit Milk Veggie Patty "Saint Patrick's Day"
March 20 Cheese Tortellini in Meat Sauce WG Dinner Roll Mixed Vegetables Fruit Milk Cheese Tortellini w/ Marinara Sauce "National Ravioli Day"	March 21 Taco Beef w. Cheddar Cheese Brown Rice Tortilla Chips Corn & Black Bean Fruit Milk Bean Burrito "National Crunchy Taco Day"	March 22 Chef Salad (Diced Turkey, Diced Turkey Ham) WG Dinner Roll x2 w/ Butter Ranch Dressing Fruit Milk Chic Pea Garden Salad	March 23 Pizza Sticks Cooked Carrots Fruit Milk Egg Salad Sandwich	March 24 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage
March 27 Hamburger w. Cheddar Cheese WG Sandwich Roll Peas Ketchup Fruit Milk Veggie Patty w. Cheddar Cheese	March 28 Sweet & Sour Chicken Brown Rice Cooked Carrots Cheez-Its Fruit Milk Sweet & Sour Veggie Meat Balls	March 29 Turkey Ham & Cheddar Cheese on WW Bread Carrot Sticks w/ Ranch Garbanzo Beans Mayo Fruit Milk Cheese Sandwich	March 30 WG Chicken Patty WG Sandwich Roll Mixed Vegetables BBQ Sauce Fruit Milk Veggie Burger "National Hot Chicken Day"	March 31 Chicken Broccoli Alfredo Green Beans Fruit Milk Tofu Broccoli Alfredo

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos