

March 2019

Middle School

LUNCH



School Information: This institution is an equal opportunity provider.
Menus subject to change.
Daily: \$2.90
Milk: 1% white, skim white, skim chocolate



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

Cheese Ravioli
Steamed Broccoli
Garlic Bread

4

Nacho Grande
Refried Beans
Rice

5

Cheesy Garlic Flatbread
Marinara
Green Beans

6

Cheeseburger Mac + Chees
Coined Carrots
Slushie

7

Bosco Sticks
Marinara
Garden Peas

8

Personal Pizza
Green Beans

11

French Dip
Fries
Coined Carrots

12

French Toast Sticks
Syrup
Omelet
Tiny Triangles

13

Tacos
Refried Beans
Rice

14

Grilled Cheese
Steamed Broccoli
Tomato Soup

15

Chicken Nuggets
Buttered Corn
Dinner Roll
Fries

18

Hamburger / Bun
Fries
Baked Beans

19

Pepperoni Pocket
Tater Tots
Garden Peas

20

Spaghetti
Meatballs
Coined Carrots
Ice Cream Cup

21

No School

22

No School

25

No School

26

No School

27

No School

28

No School

29