

Sci High March Menu



TUESDAY MONDAY WEDNESDAY THURSDAY **FRIDAY** 1 3

Fruit Choices may include: apples, oranges, pears, craisins, fruit juice, locally available items Milk choices include: fat-free plain, 1% plain, fat-free chocolate

Entrée Choices Red Beans & Rice Pasta Bar Pizza Salad Vegetable Choices Collard Greens Mixed Vegetables Fruit

Entrée Choices Pork Chop w/ Brown Rice Pasta Bar Hamburgers Salad Vegetable Choices Glazed Carrots Romaine Side Salad Fruit Milk

Entrée Choices Breakfast for Lunch Pasta Bar Pizza Salad Vegetable Choices Hash Browns Baked Beans Fruit Milk

10 Entrée Choices BBQ Chicken w/ Mac & Cheese Pasta Bar Hot Dogs Salad Vegetable Choices Roasted Sweet Potatoes Roasted Broccoli Fruit Milk

Entrée Choices Meatball Sandwich Pasta Bar Pizza Salad Vegetable Choices Tater Tots Romaine Side Salad Fruit

11

18

25

Fruit Choices may include: apples, oranges, pears, craisins, fruit juice, locally available items Milk choices include: fat-free plain, 1% plain, fat-free chocolate

14

21

7

Entree Choices Baked Pasta Baked Potato Bar Pizza Salad Vegetable Choices Sauteed Spinach Roasted Broccoli Fruit

Entrée Choices

15

Taco Tuesday Baked Potato Bar Hamburger Salad Vegetable Choices Black Beans Steamed Corn Fruit Milk

16 Entrée Choices Salisbury Steak w/ Mashed Potatoes Baked Potato Bar Pizza

Salad Vegetable Choices Green Beans Glazed Carrols Fruit Milk

17 Entrée Choices

Chicken & Waffles Baked Potato Bar Crispy Chicken Sandwich Salad Vegetable Choices Sweet Potato Fries Roasted Broccoli Fruit Milk

Entrée Choices Grilled Cheese & Gumbo Baked Potato Bar Pizza Salad Vegetable Choices Tater Tots Romaine Side Salad

Fruit

Fruit Choices may include: apples, oranges, pears, craisins, fruit juice, locally available items Milk choices include: fat-free plain, 1% plain, fat-free chocolate

Entrée Choices White Beans & Rice Pasta Bar Pizza Salad

Vegetable Choices Collard Greens Mixed Vegetables Fruit Milk

22

Entrée Choices Chicken Nuggets w/ Mac & Cheese Pasta Bar Hamburgers Salad Vegetable Choices Glazed Carrots Romaine Side Salad Fruit Milk

23 Entrée Choices Breakfast for Lunch

Pasta Bar Pizza Salad Vegetable Choices Hash Browns Baked Beans Fruit

24

31

Entrée Choices Pork Chop w/ Brown Rice Pasta Bar Hot Dogs Salad Vegetable Choices Roasted Sweet Potatoes Roasted Broccoli Fruit

Milk

Entrée Choices Meatball Sandwich Pasta Bar Pizza Salad Vegetable Choices Tater Tots Romaine Side Salad Fruit Milk

Milk Fruit Choices may include: apples, oranges, pears, craisins, fruit juice, locally available items Milk choices include: fat-free plain, 1% plain, fat-free chocolate

28 Entrée Choices Spaghetti & Meatballs Taco Bar Pizza Salad Vegetable Choices Collard Greens

Mixed Vegetables

Fruit

Milk

29 Entrée Choices Chicken Nuggets w/ Mac & Cheese Taco Bar Hamburgers Salad Vegetable Choices Sweet Potato Fries

Mixed Vegetables

Fruit

Milk

30 Entrée Choices Salisbury Steak w/ Mashed Potatoes Taco Bar Pizza

Salad

Vegetable Choices Glazed Carrots Baked Beans Fruit Milk

Entrée Choices Lemon Pepper Chicken w/ Brown Rice Taco Bar Crispy Chicken Sandwich Salad

Vegetable Choices Romaine Side Salad Roasted Broccoli Fruit

Entrée Choices Grilled Cheese & Tomato Soup Taco Bar Pizza Salad Vegetable Choices Tater Tots Romaine Side Salad Fruit Milk

Fruit Choices may include: apples, oranges, pears, craisins, fruit juice, locally available items Milk choices include: fat-free plain, 1% plain, fat-free chocolate