

# MARCH 2018

## MIDDLE & HIGH LUNCH MENU

### Monday

#### Did You Know...

An old proverb says, "March comes in a like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.

CHICKEN PATTIES  
FRIES  
ASSORTED FRESH  
OR  
CANNED FRUIT **5**

CHEESEBURGER  
SWEET POTATO  
FRIES & BAKED  
BEANS  
ASSORTED FRESH  
OR  
CANNED FRUIT **12**

TACO SALAD  
CORN &  
BLACK BEANS  
ASSORTED FRESH  
OR  
CANNED FRUIT **19**

NO SCHOOL **26**  
SPRING BREAK  
ENJOY YOUR  
BREAK!

### Tuesday

MEATBALL  
SUB  
BROCCOLI  
ASSORTED FRESH  
OR  
CANNED FRUIT  
OR  
TURKEY & CHEESE  
SANDWICH **6**

CHICKEN PARMESAN  
GARLIC NOODLES  
PEAS  
ASSORTED FRESH  
OR  
CANNED FRUIT  
OR  
TUNA SALAD SANDWICH **13**

FRENCH TOAST  
STICKS, SAUSAGE  
HASH BROWNS  
ASSORTED FRESH  
OR CANNED FRUIT  
OR  
PLAIN BAGEL **20**

NO SCHOOL **27**  


### Wednesday

CHICKEN  
FAJITA WRAPS  
BLACK BEANS,  
CORN  
ASSORTED FRESH  
OR  
CANNED FRUIT  
OR  
TUNA SALAD SANDWICH **7**

McNEWFIELD SANDWICH  
EGG PATTIE & CHEESE  
(ON ENGLISH MUFFIN)  
HASH BROWNS, SAUSAGE  
ASSORTED FRESH  
OR CANNED FRUIT  
OR  
SPICY BUFFALO  
CHICKEN WRAP **14**

BAKED CHICKEN  
MASHED POTATOES,  
GRAVY, CORN  
ASSORTED FRESH  
OR  
CANNED FRUIT  
OR  
HAM & CHEESE  
SANDWICH **21**

NO SCHOOL **28**  


### Thursday

AMERICAN  
SUB **1**  
GREEN BEANS  
ASSORTED FRESH  
OR  
CANNED FRUIT

ESKIMO  
ADVENTURE  
CARROTEENIES  
ASSORTED FRESH  
OR  
CANNED FRUIT  
OR  
CHICKEN SALAD WRAP **8**

TURKEY  
SUB **15**  
HOMEMADE SOUP  
CARROTEENIES  
ASSORTED FRESH  
OR  
CANNED FRUIT

ITALIAN DUNKERS  
W/ DIPPING SAUCE  
CRISP ROMAINE SALAD  
ASSORTED FRESH  
OR  
CANNED FRUIT  
OR  
TURKEY SALAD  
SANDWICH **22**

NO SCHOOL **29**  


### Friday

FISH SANDWICH **2**  
FRIES & COLE SLAW  
ASSORTED FRESH  
OR  
CANNED FRUIT  
OR  
EGG SALAD  
SANDWICH

HOT CHEESE BAGEL **9**  
MISS MAGGIE'S LENTIL  
  
STEW  
BRUSSEL SPROUTS  
FRESH/CANNED FRUIT  
OR EGG SALAD WRAP

PIZZA **16**  
ROMAINE SALAD W/  
CHICK PEAS  
ASSORTED FRESH  
OR  
CANNED FRUIT  
OR  
EGG SALAD on a BUN

MAC & CHEESE **23**  
W/G ROLL  
GREEN BEANS  
ASSORTED FRESH  
OR  
CANNED FRUIT  
OR  
EGG SALAD WRAP

NO SCHOOL **30**  


#### Breakfast

**Free for All students  
6th – 12<sup>th</sup> grade**

**All meals require at least  
one fruit or vegetable  
choice!**

Breads are whole grain,  
wheat or whole grain white

Milk: 1%, Low Fat Choc.  
& Skim

100 % JUICE- APPLE OR  
FRUIT PUNCH

OFFERED DAILY:  
SALAD BAR, PBJ & YOGURTS

**SPRING BREAK:  
MARCH 26<sup>TH</sup> - 30<sup>TH</sup>**

Extra Meal:  
Middle/High- \$2.75  
Extra Portions - \$.75-\$1.50  
Ice cream- \$.70-\$1.50  
Snacks - \$.70-\$1.50  
Milk or Juice - \$.65

Menu subject to change  
depending on availability  
of food product.

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