



March 2020 HS Lunch Menu

<p>2 Beef Hot Dog & WG Bun (2m, 1.5wg) Mashed Potatoes (3/4s) Whole Apple (1/2c) Milk (1c) <i>ca= 630 cb=94 so=1227</i></p>	<p>3 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Melon (1/2c) Milk (1c) <i>ca= 605 cb=95 so=1056</i></p>	<p>4 Walking Taco Beef (1m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i></p>	<p>5 Meatball Sub & WG Bun (1.8m, 5 meatballs, 1.5wg, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Melon (1/2c) Milk (1c) <i>ca= 600 cb=75 so=1211</i></p>	<p>6 Tony's Pizza (2m, 2wg, 1/8r) Beef Peperoni Celery (3/4o) Ranch Fresh Pineapple (1/2c) Milk (1c) <i>ca= 625 cb=88 so=1131</i></p>
<p>9 WG Chicken Corndog (2m, 2wg) Corn (3/4s) Ketchup WG Cheez-its (1wg) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 610 cb=110 so=836</i></p>	<p>10 Mexican Chicken & Rice (2m) Salsa (1/4r) Carrot Sticks (1/2r) WG Nacho Chips (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 610 cb=102 so=985</i></p>	<p>11 WG Chicken Nuggets (2m, 1wg) Ketchup Broccoli (3/4g) Dinner Roll (1wg) Fresh Melon (1/2c) Milk (1c) <i>ca=610 cb=84 so=959</i></p>	<p>12 Meatballs & Spaghetti (2m, 6 meatballs, 1/4r) WG Pasta (1/4wg) Carrot Sticks (1/2r) Fresh Pineapple (1/2c) WG Roll (1wg) Milk (1c) <i>ca= 635 cb=66 so=1035</i></p>	<p>13 Bosco Sticks -2 (2m, 2wg) Black Beans (1/2l) Corn (1/4s) Ranch Dressing Whole Apple (1/2c) Milk (1c) <i>ca= 635 cb=113 so=986</i></p>
<p>16 Hamburger Patty & WG Bun (2m, 1.75wg) Ketchup Baked Beans (3/4l) Whole Banana (1/2c) Milk (1c) <i>ca= 625 cb=111 so=1106</i></p>	<p>17 Meatballs, Mashed Potatoes & Gravy (2m, 6 meatballs, 1/4r, 3/4s) WG Dinner Roll (1wg) Fresh Pineapple (1/2c) Milk (1c) <i>ca= 617 cb=80 so=1223</i></p>	<p>18 Sloppy Joe (2m, 1/4r) WG Bun (1.75wg) Hash Brown (1/4s) Carrot Sticks (1/2r) Ranch Fresh Melon (1/2c) Milk (1c) <i>ca= 644 cb=84 so=1205</i></p>	<p>19 WG Chicken Nuggets (2m, 1wg) Ketchup Green Beans (3/4o) WG Bear Grahams (1wg) Fresh Melon (1/2c) Milk (1c) <i>ca= 615 cb=93 so=854</i></p>	<p>20 Tony's Pizza (2m, 2wg, 1/8r) Beef Peperoni Broccoli (3/4g) Ranch Fresh Melon (1/2c) Milk (1c) <i>ca= 625 cb=90 so=1224</i></p>
<p>23 Beef Hot Dog & WG Bun (2m, 1.5wg) Corn (3/4s) Whole Apple (1/2c) Milk (1c) <i>ca= 610 cb=101 so=836</i></p>	<p>24 WG Chicken Patty & WG Bun (2m, 2.75wg) BBQ Sauce Broccoli (3/4g) Fresh Melon (1/2c) Milk (1c) <i>ca= 605 cb=95 so=1056</i></p>	<p>25 Walking Taco Beef (1m) WG Nacho Chips (1wg) Refried Beans (3/4l) Cheddar Cheese (1m) Fresh Pineapple (1/2c) Milk (1c) <i>ca= 645 cb=118 so=676</i></p>	<p>26 Meatball Sub & WG Bun ((2m, 6 meatballs, 1/4r) Carrot Sticks (1/2r) Ranch Dressing Fresh Melon (1/2c) Milk (1c) <i>ca= 600 cb=75 so=1211</i></p>	<p>27 Chicken Quesadillas (2m, 2wg) Celery (3/4o) Ranch Taco Sauce Whole Apple (1/2c) Milk (1c) <i>ca= 600 cb=99 so=1132</i></p>
<p>30 WG Chicken Corndog (2m, 2wg) Corn (3/4s) Ketchup WG Cheez-its (1wg) Fresh Cut Pineapple (1/2c) Milk (1c) <i>ca= 610 cb=110 so=836</i></p>	<p>31 Mexican Chicken & Rice (2m) Salsa (1/4r) Carrot Sticks (1/2r) WG Nacho Chips (1wg) Whole Apple (1/2c) Milk (1c) <i>ca= 610 cb=102 so=985</i></p>	<p><i>ca = calories grams cb = carbohydrates grams so = sodium mg</i></p> <p><i>Fat Free Chocolate Milk or 1% White Milk Offered All bread items whole grain</i></p>	<p><i>m = meat/protein wg = whole grain r = red/orange l = legume o = other s = starchy g = green</i></p>	<p><i>Fresh fruit served every day and may vary based on the season and ripeness</i></p> <p><i>Offer vs Serve</i></p> <p><i>Additional juice (1/2c), carrots (1/2r), roll (1wg) offered every day</i></p>

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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