

# High & Middle School Menu

March 20 - 24

## Daily Breakfast

### Monday

Pancakes  
w/ Fruit Topping  
Sausage Patty  
Apple Slices

### Tuesday

Breakfast Sandwich  
Applesauce  
Peaches  
Fruit Juice

### Wednesday

Bacon Egg and Cheese  
Omelet w/ Toast  
Cinnamon Apples  
Oranges

### Thursday

Fresh Baked Muffins  
Cheese Stick  
Apple Slices  
Fruit Juice

### Friday

No School

### **How to Build a Breakfast Meal**

- 1 - Entrée Choice
- 2 - Fruit (1 can be Fruit Juice)
- 1 - 8oz Low-Fat or Fat Free Milk



### **How to Build a Lunch Meal**

- 1 - Entrée (bread & protein)
- 1 to 2 Fruit Choice
- 1 to 2 Vegetable Choice
- 1 - 8oz Low-Fat or Fat Free Milk

### Line 1

### Grab 'n Go

Monday

### Bacon Cheeseburger w/ WG Bun

Romaine Lettuce, Tomatoes,  
Cooked Mixed Veggies,  
Baked Beans, Pineapple  
& Pears

**Bosco Sticks w/ Marinara  
Salads**

Tuesday

### Turkey Manhattan W/ WG

Mashed Potatoes, Green Beans,  
Spinach Salad, Mandarin Oranges  
& Baked Apples

**Turkey Sub  
Salads**

Wednesday

### Spicy Buffalo Chicken Sandwich w/Bun

Broccoli,  
Blueberry Applesauce  
& Peaches

**Chicken Patty Sandwich  
Salads**

Thursday

### Pizza

Vegetarian Options  
Fresh Veggies and Spinach Salad  
Mixed Fruit

**Pizza  
Salads**

Friday

Have a Wonderful

Spring Break

*Daily Grab 'n Go side item:* Celery, Humus, Super side, Side Salads, Applesauce

**All meals include a milk**