



Lunch cost \$3.40

MARCH 2023 HIGH SCHOOL

ALTERNATE CHOICES:
DELI SANDWICHES
AND
SALADS OFFERED DAILY

Monday

Lunch consists of 5 components
Students must take at least 3,
1 being a fruit or veg
or both to count as meal
FRESH FRUIT OFFERED EVERY DAY
CANNED FRUIT OFFERED EVERYDAY
100% MILK & LOWEAT CHOCOLATE

CHICKEN PATTY
ON WG ROLL
MASHED POTATO
CORN
ASSORTED FRUIT
MILK

6

Tuesday

TACO TUESDAY:
TURKEY TACO MEAT, LETTUCE, CHEESE
AND SALSA OVER NACHO CHIPS
RICE
BAKED BEANS
ASSORTED FRUIT CUP
MILK

7

Wednesday

CHICKEN AND GRAVY
OVER A BISCUIT

MASHED POTATO
CORN
ASSORTED FRUIT
MILK

1

BRUNCH FOR LUNCH:
FRENCH TOAST STICKS
TURKEY SAUSAGE
STEAMED CARROTS
VEGETABLE JUICE 4U
ASSORTED FRUIT CUP
MILK

8

Thursday

GRILLED CHEESE
&
TOMATO SOUP WITH
CRACKERS
GREEN BEANS
ASSORTED FRUIT CUP
MILK

2

PASTA WITH A MEAT SAUCE
TEXAS TOAST

9

GARDEN SALAD
GREEN BEANS
ASSORTED FRUIT CUP
MILK

Friday

PIZZABURGER WITH
MOZZERELLA CHEESE

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

3

PIZZA CRUNCHERS
WITH MARINARA SAUCE

10

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

SUPERINTENDENTS DAY
NO SCHOOL

13

CHEESE QUESIDILLA
WITH SALSA

14

FRENCH FRIES
BAKED BEANS
ASSORTED FRUIT
MILK

CHICKEN PARMESAN
ON A ROLL

15

TOSS SALAD
GREEN BEANS
ASSORTED FRUIT
MILK

HAMBURGER OR CHEESEBURGER
DELUX
W/ LETTUCE, ONION, & TOMATO
ON WG BUN
POTATO WEDGES
STEAMED CARROTS
ASSORTED FRUIT

16

HOMEMADE CHEESE PIZZA

17

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

CHICKEN TENDERS
WITH DINNER ROLL
TATER TOTS
CORN
ASSORTED FRUIT
MILK

20

GRILLED HOFFMAN HOTDOG
ON WG BUN

21

MACARONI SALAD
VEGETARIAN BEANS
ASSORTED FRUIT
MILK

BRUNCH FOR LUNCH:
FRENCH TOAST STICKS
TURKEY SAUSAGE
STEAMED CARROTS
VEGETABLE JUICE 4U
ASSORTED FRUIT CUP
MILK

22

BAKED ZITI
TEXAS TOAST

23

GARDEN SALAD
GREEN BEANS
ASSORTED FRUIT CUP
MILK

PIZZA BITES
WITH MARINARA SAUCE

24

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

POPCORN CHICKEN
WITH DINNER ROLL

27

MASHED POTATO
CORN
ASSORTED FRUIT
MILK

TACO TUESDAY:
TACO MEAT, LETTUCE, CHEESE AND
SALSA OVER NACHO CHIPS
RICE

28

BAKED BEANS
ASSORTED FRUIT CUP
MILK

DOUBLE CHEESEBURGER
ON WG BUN

29

ONION RINGS
STEAMED CARROTS
ASSORTED FRUIT
MILK

MACARONI & CHEESE
WITH A DINNER ROLL

30

GARDEN SALAD
GREEN BEANS
ASSORTED FRUIT CUP
MILK

STUFFED CRUST PIZZA

31

STEAMED BROCCOLI
TOSSED SALAD
ASSORTED FRUIT CUP
MILK

Free & reduced-price meal applications need to be submitted each year.
Checks payable to J-D Food Service, cash accepted or online pre-payment at myschoolbucks.com

