

# MARCH 2018

## Middle and High Lunch Menu

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

### Did You Know...

An old proverb says, "March comes in 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.

#### Lunch Entrée'-Choose one- 5

Popcorn Smackers  
Honey Wheat Roll  
Sloppy Joe on Bun  
Pizza Variety  
Sides-Choose one or more-  
Lima Beans  
Spinach Salad  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 6

Beef or Chicken Pot Pie  
Buffalo Chicken Flatbread  
Pizza Variety  
Sides-Choose one or more-  
Steamed Broccoli  
Sunbelievable Ice  
Fruit / Juice Variety  
Cookie

#### Lunch Entrée'-Choose one- 7

Pancakes & Sausage  
BBQ Sandwich  
Pizza Variety  
Sides-Choose one or more-  
Sweet Potato Puffs  
Cucumber & Tomato Salad  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 1

Pasta w/ Meatsauce /  
Garlic Toast  
BBQ Sandwich  
Pizza Variety  
Sides-Choose one or more-  
Spinach Salad  
Breaded Okra  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 2

Chicken Fajitas Rice Bowl / Roll  
Cougar Burger on Bun  
Pizza Variety  
Sides-Choose one or more-  
Veggie Cup  
Seasoned Blackeyed Peas  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 12

Pasta w/ Meatsauce /  
Garlic Toast  
Buffalo Chicken Flatbread  
Pizza Variety  
Sides-Choose one or more-  
Seasoned Corn  
Cucumber/Tomato Salad  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 13

Teriyaki Beef Dippers  
Honey Wheat Roll  
Chicken Filet  
Pizza Variety  
Sides-Choose one or more-  
Mashed Potatoes/ gravy  
Spinach Salad  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 14

Chicken Fajita Rice Bowl  
Sloppy Joe on Bun  
Pizza Variety  
Sides-Choose one or more-  
Breaded Okra  
Baby Carrots / Dip  
Fruit / Juice Variety  
Cookie

#### Lunch Entrée'-Choose one- 15

Mandarin Orange Chicken/  
Fried Rice  
Honey Wheat Roll  
BBQ Sandwich  
Pizza Variety  
Sides-Choose one or more-  
Green Beans  
Sunbelievable Ice  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 16

Roasted Chicken / Mac &  
Cheese  
Honey Wheat Roll  
Cougar Burger  
Pizza Variety  
Sides-Choose one or more-  
Baked Beans  
Cole Slaw  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 19

Popcorn Smackers  
Honey Wheat Roll  
Fajita Chicken Flatbread  
Pizza Variety  
Sides-Choose one or more-  
Roasted Sweet Potato Bites  
Green Beans  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 20

Spicy Sichuan Chicken / Fried  
Rice / Honey Wheat Roll  
Sloppy Joe on Bun  
Pizza Variety  
Sides-Choose one or more-  
Seasoned Peas  
Veggie Cup / dip  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 21

Taco Salad  
Cougar Burger  
Pizza Variety  
Sides-Choose one or more-  
Seasoned Corn  
Cucumber & Tomato Salad  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 22

Chicken Alfredo / Garlic Toast  
BBQ Sandwich  
Pizza Variety  
Sides-Choose one or more-  
Carrots w/ Dip  
Steamed Broccoli  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 23

Corn Dog  
Philly Steak Flatbread  
Pizza Variety  
Sides-Choose one or more-  
Baked Beans  
Cole Slaw  
Fruit / Juice Variety  
Cookie

#### Lunch Entrée'-Choose one- 26

Nachos w/ Beef  
Meatball Sub  
Pizza Variety  
Sides-Choose one or more-  
Fiesta Pintos  
Steamed Broccoli  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 27

Boneless Chicken Bites  
Sloppy Joe on Bun  
Pizza Variety  
Sides-Choose one or more-  
Breaded Okra  
Carrots w/ Dip  
Fruit / Juice Variety  
Cookie

#### Lunch Entrée'-Choose one- 28

Country Steak Bites  
Honey Wheat Roll  
Chick Filet  
Pizza Variety  
Sides-Choose one or more-  
Sweet Potato Puffs  
Green Beans  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 29

Pasta w/ Meatsauce  
Garlic Toast  
BBQ Sandwich  
Pizza Variety  
Sides-Choose one or more-  
Spinach Salad  
Seasoned Corn  
Fruit / Juice Variety

#### Lunch Entrée'-Choose one- 30

Chicken Fajitas Rice Bowl  
Honey Wheat Roll  
Cougar Burger on Bun  
Pizza Variety  
Sides-Choose one or more-  
Veggie Cup  
Seasoned Peas  
Fruit / Juice Variety

## Meal Time Message

Assorted Juice and Milk choices available daily for Breakfast and lunch: 1% White, Fat Free Chocolate or Strawberry

\*\*Offered For Lunch Daily Based on Availability: PBJ Sandwich or Yogurt Parfait with Granola or Chef Salad Meal\*

## School News

Monthly Birthday Celebration for March Birthdays will be on Friday, March 30, 2018

Menu items subject to change based on availability

This Institution is an equal opportunity provider.