

MURRAY HIGH MENU

MARCH 2018



	Monday	Tuesday	Wednesday	Thursday	Friday
Main Line				1 Nachos (Beef or Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	2 Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
Grill Line				Nachos (Beef, Pork, Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
Grab n Go				Chicken Filet Sandwich Corn Dogs PBJ Packs Chef Salad	Spicy Chicken Sandwich Hot Dog PBJ Packs Chef Salad
Main Line	5 Biscuit with choice of meat Gravy Egg Omelet Tater Tots Sliced Tomatoes and Cucumb Assorted Fruit	6 Hearty Bowl of Soup w/Saltines Choice of Sandwich Pizza Quesadilla Spiced Apples or Pears Baked Potato Tossed Green Salad Raw Veggies W/Dip	7 Hamburger Steak w/Gravy Chicken Fettucini Creamed Potatoes Green Peas Cole Slaw Baked Potato WW Roll Tossed Salad	8 Nachos (Beef or Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	9 Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
Grill Line	Biscuit with choice of meat Gravy Egg Omelet Tater Tots Sliced Tomatoes and Cucumb Assorted Fruit	Cheeseburger BBQ Sandwich Grilled Chicken Sandwich Carrot Stix Baked Potato Lettuce/Tomato/Pickle Cole Slaw, Spiced Apples	Hot Sub: Meatball, Fajita or Teriyaki Crispy Chicken Sandwich Baked Lays Lettuce/Tomato/Pickle Tossed Salad Cole Slaw	Nachos (Beef, Pork, Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
Grab n Go	Spicy Chicken Sand Cheeseburger PBJ Packs Chef Salads	Chicken Slider Burritos PBJ Packs Chef Salads	Spicy Chicken Sandwich Pizza Stix with Marinara PBJ Packs Chef Salads	Chicken Filet Sandwich Corn Dogs PBJ Packs Chef Salad	Spicy Chicken Sandwich Hot Dog PBJ Packs Chef Salads
Main Line	12 Filet of Fish, Chicken Casserole Pizza Quesadilla Baked Sweet Potato English Peas/Broccoli WW Roll Tossed Green Salad Fruit	13 Chili Cheese Fries Hot Dog w/side of Chili Celery/Carrot Stix Cole Slaw Tossed Green Salad Shredded Cheese, Sour Cream WG Saltines	14 Country Fried Steak w/Gravy Oven Roasted Chicken Creamed Potatoes Roasted Vegetables Green Beans WW Roll Tossed Salad, Fruit	15 Nachos (Beef or Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	16 Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
Grill Line	Sloppy Joe Grilled Chicken Sandwich Spicy Chicken Sandwich Baked Lays Lettuce/Tomato/Pickle Baby Carrots Tossed Green Salad	Cheeseburger Crispy Chicken Sandwich Fries/Baked Lays Lettuce/Tomato/Pickle Celery/Carrot Stix Cole Slaw Tossed Salad, Fruit	BBQ Sandwich Spicy Chicken Sandwich Fries/Baked Lays Baked Chips Lettuce/Tomato/Pickle Roasted Vegetables Cole Slaw, Salad, Fruit	Nachos (Beef, Pork, Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
Grab n Go	Spicy Chicken Sandwich Cheeburger Chef Salads PBJ Packs	Chicken Sliders Burritos PBJ Packs Chef Salads	Spicy Chicken Sandwich Pizza Stix with Marinara PBJ Packs Chef Salads	Chicken Filet Sandwich Corn Dogs PBJ Packs Chef Salad	Spicy Chicken Sandwich Hot Dog PBJ Packs Chef Salad
Main Line	19 Popcorn Chicken Smackers Baked Italian Casserole Broccoli with Cheese Roasted Red Potatoes Carrots Wheat Roll Tossed Salad & Fruit	20 Hearty Bowl of Soup w/Saltines Choice of Sandwich Pizza Quesadilla Spiced Apples or Pears Baked Potato Tossed Green Salad Raw Veggies W/Dip	21 Hamburger Steak w/Gravy Chicken Fettucini Creamed Potatoes Green Peas Cole Slaw WW Roll Tossed Salad	22 Nachos (Beef or Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	23 Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
Grill Line	Fish Sandwich Grilled Chicken Sandwich Spicy Chicken Sandwich French Fries Carrot & Celery Sticks Cole Slaw, Fruit Lettuce/Tomato/Pickle	Cheeseburger BBQ Sandwich Grilled Chicken Sandwich Carrot Stix Baked Potato Lettuce/Tomato/Pickle Cole Slaw, Spiced Apples	Hot Sub: Meatball, Fajita or Teriyaki Crispy Chicken Sandwich Baked Lays Lettuce/Tomato/Pickle Tossed Salad Cole Slaw	Nachos (Beef, Pork, Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	Chicken Fritters Turnip Greens Macaroni and Cheese Pinto Beans WW Roll Tossed Salad Tropical Fruit Salad
Grab n Go	Spicy Chicken Sandwich Cheeseburger PBJ Packs Chef Salads	Chicken Slider Burritos PBJ Packs Chef Salads	Spicy Chicken Sandwich Pizza Stix with Marinara PBJ Packs Chef Salads	Chicken Filet Sandwich Corn Dogs PBJ Packs Chef Salad	Spicy Chicken Sandwich Hot Dog PBJ Packs Chef Salad
Main Line	26 Filet of Fish, Chicken Casserole Pizza Quesadilla Baked Sweet Potato English Peas/Broccoli WW Roll Tossed Green Salad Fruit	27 Chili Cheese Fries Hot Dog w/side of Chili Celery/Carrot Stix Cole Slaw Green Beans Tossed Green Salad Shredded Cheese, Sour Cream WG Saltines	28 Country Fried Steak w/Gravy Oven Roasted Chicken Creamed Potatoes Roasted Vegetables Green Beans WW Roll Tossed Salad, Fruit	29 Nachos (Beef or Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	30 Good Friday/ NO School
Grill Line	Sloppy Joe Grilled Chicken Sandwich Spicy Chicken Sandwich Baked Lays Lettuce/Tomato/Pickle Baby Carrots Tossed Green Salad	Cheeseburger Crispy Chicken Sandwich Fries/Baked Lays Lettuce/Tomato/Pickle Celery/Carrot Stix Cole Slaw Tossed Salad, Fruit	BBQ Sandwich Spicy Chicken Sandwich Fries/Baked Lays Baked Chips Lettuce/Tomato/Pickle Roasted Vegetables Cole Slaw, Salad, Fruit	Nachos (Beef, Pork, Chicken) or Chicken Fajitas Fiesta Rice Refried Beans Corn Nacho Trimmings Tossed Salad	
Grab n Go	Spicy Chicken Sandwich Cheeburger Chef Salads PBJ Packs	Chicken Sliders Burritos PBJ Packs Chef Salads	Spicy Chicken Sandwich Pizza Stix with Marinara PBJ Packs Chef Salads	Chicken Filet Sandwich Corn Dogs PBJ Packs Chef Salad	

Assorted Fruit, Milk, Pizza and Boxed Salads served each day

This institution is an equal opportunity provider























