

# MIDDLE SCHOOL MENU

## MARCH 2018



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Spaghetti w/Meat Sauce Hamburger Steak w/Gravy Oven Roasted Potatoes Steamed Broccoli Tossed Green Salad Fruit & WG Roll	2 Chicken Fritters/ WW Roll Tuna Salad w/Crackers Pinto Beans Mac n Cheese Turnip Greens Tossed Salad & Fruit
5 Biscuit with Choice of Meat Gravy Egg Omelet Tater Tots Sliced Tom & Cucumbers Assorted Fruit	6 Chicken Soft Taco Beef/Queso Nachos Refried Beans Spanish Rice Fruit Lett/Tom/Sour Cream Tossed Salad	7 Heart Veg Soup PBJ or Grilled Cheese Raw Baby Carrots Tossed Green Salad Fruit Saltine Crackers Cinnamon Baked Apples	8 Steak Strips w/ Gravy Turkey w/Gravy Baked Sweet Potato Steamed Veggie Medley Fruit Tossed Green Salad Cole Slaw/ WW Roll	9 Chicken Fritters/ WW Roll Or Turkey on Wheat Mashed Potatoes English Peas Tossed Green Salad Fruit
12 Oven Baked Chicken w/Roll or BBQ Sandwich w/Chips Carrots Green Beans Cole Slaw Tossed Green Salad Assorted Fruit	13 Chili Cheese Fries or Grilled Chicken Sandwich Raw Veggie Medley WG Saltines Tossed Salad Fruit	14 Pizza or Chicken Casserole/WWRoll Sweet Potato Fries Roasted Veggie Medley Corn Tossed Green Salad & Fruit	15 Spaghetti w/Meat Sauce Hamburger Steak w/Gravy Oven Roasted Potatoes Steamed Broccoli Tossed Green Salad Fruit & WG Roll	16 Chicken Fritters/ WW Roll Tuna Salad w/Crackers Pinto Beans Mac n Cheese Turnip Greens Tossed Salad & Fruit
19 Cheeseburger Or Chicken Sandwich Or Meatball Sub French Fries, Baked Beans Lett/Tom/Pickle Raw Veggie Medley Tossed Green Salad & Fruit	20 Chicken Soft Taco Beef/Queso Nachos Refried Beans Spanish Rice Fruit Lett/Tom/Sour Cream	21 Heart Veg Soup PBJ or Grilled Cheese Raw Baby Carrots Tossed Green Salad Fruit Saltine Crackers Cinnamon Baked Apples	22 Steak Strips w/ Gravy Turkey w/Gravy Baked Sweet Potato Steamed Veggie Medley Fruit Tossed Green Salad Cole Slaw/ WW Roll	23 Chicken Fritters/ WW Roll Or Turkey on Wheat Mashed Potatoes English Peas Tossed Green Salad Fruit
26 Oven Baked Chicken w/roll BBQ Sandwich w/chips Carrots Green Beans Cole Slaw Tossed Green Salad, Fruit	27 Chili Cheese Fries or Grilled Chicken Sandwich Raw Veggie Medley WG Saltines Tossed Salad Fruit	28 Pizza or Chicken Casserole/WWRoll Sweet Potato Fries Roasted Veggie Medley Corn Tossed Salad & fruit	29 Spaghetti w/Meat Sauce Hamburger Steak w/Gravy Oven Roasted Potatoes Steamed Broccoli Fruit, Wheat Roll Tossed Green Salad	30 <b>Good Friday/ No School</b>

Assorted fruits and low fat milk offered at each meal

This institution is an equal opportunity provider

Boxed Salads offered Daily: Chef Salad, Chicken Salad, Grilled Chicken Salad, Southwest Salad