



Price w/milk included: \$3.00
A La Carte Milk: \$0.50

MARCH 2020

LUDLOW HIGH SCHOOL

Alternate Lunch: \$3.00
Hot Dog, Sunbutter & Jelly, Toasted Cheese
The Pizza Spot & Deli \$3.00

Monday

Cheeseburger Special **2**
w/Lettuce & Tomato
Oven Baked Fries
Seasoned Carrots
Strawberry Cup

Chicken Rice Soup **9**
Teriyaki Chicken over
Seasoned Rice
WW Dinner Roll
Seasoned Carrots
Fresh Fruit

Turkey & Cheese Club **16**
w/Lettuce & Tomato
Seasoned Noodles
Mixed Veggies
Chilled Peaches

Professional Development Day
No School **23**

Chicken Noodle Soup **30**
Hot Dog on a WW Bun
Oven Baked French Fries
Seasoned Mushrooms
Blueberries in a Cloud

Tuesday

Tacos on a Hard or
Soft Shell w/Lettuce,
Tomato, Salsa & Sour Cream
Seasoned Rice, Corn
Assorted Fruit **3**

Breakfast for Lunch **10**
Orange Juice
Pancakes w/Syrup
Sausage Patties
Seasoned Potatoes
Cup of Fruit

Happy St. Patrick's Day **17**
Shepherd's Pie
w/Hamburg, Potatoes, Corn &
Gravy, Seasoned Green
Beans, WW Dinner Roll
Fresh Fruit

Tomato Noodle Soup **24**
Ham & Cheese Melt
Cape Cod Chips
Spinach Salad w/Dressing
Chilled Peaches

Chicken Nuggets w/Dip **31**
Seasoned Noodles
Steamed Carrots
WW Dinner Roll
Mixed Fruit Cup

Wednesday

Chicken & Gravy **4**
Mashed Potatoes
Steamed Broccoli
WW Dinner Roll
Chilled Peaches

Meatball Grinder **11**
w/Marinara Sauce & Cheese
Oven Baked Fries
Sweet Corn
Fresh Fruit

Buffalo Chicken Baked **18**
Mac & Cheese
WW Dinner Roll
Spinach Salad w/Dressing
Fresh Fruit

Rotini w/Meat Sauce **25**
Garlic Bread
Seasoned Green Beans
Fresh Fruit

Thursday

Tomato Noodle Soup **5**
Grilled Ham & Cheese
Sandwich, Cape Cod Chips
Seasoned Green Beans
Fresh Fruit

Nacho Taco-Tortilla Chips **12**
w/Taco Meat, Cheese,
Lettuce, Tomato & Salsa
Steamed Broccoli
Cup of Fruit

Fish Sticks **19**
w/Tartar Sauce
Sweet Potato Fries
Sweet Peas
Cup of Fruit

Grilled Chicken **26**
on a WW Bun
Oven Roasted Potatoes
Seasoned Carrots
Cup of Fruit

Friday

Cheese Pizza **6**
Three Bean Salad
Fresh Fruit

Personal Round Pizza **13**
Three Bean Salad
Fresh Fruit

French Bread Pizza **20**
Three Bean Salad
Fresh Fruit

Sampler Platter **27**
Mozzarella Sticks w/Dip
Chicken Nuggets
Potato Rounds
Sweet Peas
Fresh Fruit

*Includes one entrée selection, grains or grains bread, vegetables, and fresh fruit.
*Milk Options: 1% White, Fat Free Chocolate, 1% Lactose Free



Menu Subject to Change
"USDA is an Equal Opportunity Provider and Employer"

Earn extra money part time!
Work as a substitute in our School Lunch Department.
www.schoolspring.com

