

## March 2025 Middle School Menu

Menus are subject to change without notice.

LF = Low Fat WG = Whole Grain

	Tuesday		Wednesday		Thursday	Friday	
Ū	WG Chicken Tenders WG Vegilicious pasta salad Oven baked sweet potato fries Rainbow veggie bar WG dinner roll Fruit choice* Milk choice*	4	Hamburger/Cheeseburger/ Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice*	5	WG Pancakes with Syrup 6 Cheese Omelet Breakfast potatoes Colorful garden peppers Rainbow veggie bar and hummus Fruit choice* Milk choice*	WG Max Cheese Sticks Marinara Sauce Steamed carrots Rainbow veggie bar Fruit choice* Milk choice*	7
10	Chicken and Alfredo Sauce with WG Pasta WG Garlic Breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice*	11	WG Primo Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*	12	WG Chicken Sandwich13Baked butternut squashOven baked beansOven baked beansRainbow veggie barFruit choice*Milk choice*	WG Shrimp Poppers Three Cheese Cavatappi Mac Steamed carrots Rainbow veggie bar Fruit choice* Milk choice*	14
17	Barbacoa Street Tacos Fresh fixings Seasoned brown rice Fruit choice* Milk choice*	18	WG Cinnamon Roll Egg Bites with Bacon Bits (Pork) and Cheese Breakfast potatoes Rainbow veggie bar Fruit choice* Milk choice*	19	WG Pretzel Dog Oven baked beans Onion rings Sesame ginger slaw Rainbow veggie bar20	WG Garlic Cheesebread Marinara sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*	21
24		25		26	27		28
	Spring Break		Spring Break		Spring Break	Spring Break	
31							
	10	<ul> <li>WG Chicken Tenders WG Vegilicious pasta salad Oven baked sweet potato fries Rainbow veggie bar WG dinner roll Fruit choice*</li> <li>Chicken and Alfredo Sauce with WG Pasta WG Garlic Breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice*</li> <li>Barbacoa Street Tacos Fresh fixings Seasoned brown rice Fruit choice* Milk choice*</li> <li>Barbacoa Street Tacos Fresh fixings Seasoned brown rice Fruit choice* Milk choice*</li> <li>Spring Break</li> </ul>	3       WG Chicken Tenders WG Vegilicious pasta salad Oven baked sweet potato fries Rainbow veggie bar WG dinner roll Fruit choice*       4         10       Chicken and Alfredo Sauce with WG Pasta WG Garlic Breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice*       11         17       Barbacoa Street Tacos Fresh fixings Seasoned brown rice Fruit choice* Milk choice*       18         24       25         Spring Break       11	3WG Chicken Tenders WG Vegilicious pasta salad Oven baked sweet potato 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choice*       12       WG Chicken Sandwich Baked butternut squash Oven baked beans Rainbow veggie bar Fruit choice*       13         17       Barbacoa Street Tacos Fresh fixings Seasoned brown rice Fruit choice*       18       WG Cinnamon Roll Egg Bites with Bacon Bits (Pork) and Cheese Breakfast potatoes Rainbow veggie bar Fruit choice*       19       WG Pretzel Dog Oven baked beans Onion rings Sesame ginger slaw Rainbow veggie bar Fruit choice*       20         24       25       26       27         Spring Break       Spring Break       Spring Break       Spring Break	3       WG Chicken Tenders WG Vegilicious pasta salad Oven baked sweet potato fries Rainbow veggie bar WG dinner roll Fruit choice*       4       Hamburger/Cheeseburger/ Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice*       5       WG Pancakes with Syrup Cheese Omelet Breakfast potatoes Colorful garden peppers Rainbow veggie bar Fruit choice*       6       WG Max Cheese 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  27       Spring Break       Spring Break       Spring Break

Grill'd Greats Alternative Hot Entree: Daily features listed on the School District Child Nutrition Website.



## **Free Meals for All Students**

- Free Meals All students enrolled in the school district can receive one free breakfast meal and one free lunch meal ٠ every day.
- Ala Carte items, second meals, and all adult meals will be charged accordingly. Adult and Second meals will be ٠ charged \$5.00 per meal.
- Milk is included in the price of a breakfast and lunch meal. Students who take milk only at meals will be charged ٠ \$0.50 per carton. Please know that if your child is bringing lunch from home and ordering milk they will be charged.

This institution is an equal opportunity provider.