## March 2024 Middle School Menu

PUBLIC SCHOOLS
Menus are subject to change without notice.
WG = Whole Grain LF = Low Fat

| Monday |  | Tuesday |  | Wednesday |  | Thursday |  | Friday |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  | WG Grilled Cheese Sand Tomato Soup with WG C Steamed green beans Rainbow veggie bar Fruit choice* Milk choice* | ers |
| Hamburger/Cheeseburger/ Veggie Burger on WG Bun Assorted fresh toppings Oven baked beans Rainbow veggie bar Fruit choice* Milk choice* | 4 | WG Popcorn Chicken Bowl w/ Mashed Potatoes and Corn WG dinner roll Rainbow veggie bar Fruit choice* Milk choice* |  | WG Pasta with Meat Sauce and Marinara Sauce Steamed green beans Rainbow veggie bar WG Garlic breadstick Fruit choice* Milk choice* | 6 | WG Chicken Tenders <br> Oven baked sweet potato fries Tossed garden salad Rainbow veggie bar WG dinner roll Fruit choice* Milk choice* | 7 | WG Quesadilla <br> Fresh veggie fixings Steamed mixed veggies Fruit choice* Milk choice* |  |
| Mini Sampler Basket <br> Sweet potato fries Oven roasted veggie blend Rainbow veggie bar Fruit choice* Milk choice* | 11 | Chicken and Alfredo Sauce with WG Pasta WG Garlic breadstick Steamed peas and carrots Rainbow veggie bar Fruit choice* Milk choice* |  | WG Primo Pizza <br> Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice* | 13 | WG Chicken Sandwich Lettuce and tomato slices Oven baked beans Cucumber ranch salad Rainbow veggie bar Fruit choice* Milk choice* | 14 | Bosco Sticks <br> Marinara sauce <br> Caesar salad <br> Rainbow veggie bar Fruit choice* Milk choice* |  |
| Chicken Parmesan with WG Pasta Steamed green beans Rainbow veggie bar Fruit choice* Milk choice* | 18 | Ultimate All Beef Hotdog Bar <br> Vegetarian baked beans <br> Creamy coleslaw <br> Rainbow veggie bar <br> Fruit choice* <br> Milk choice* |  | WG French Toast Sticks and Cheese Omelet <br> Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice* | 20 | Pork Carnita Street Taco <br> Fresh taco fixings Cilantro lime coleslaw Fruit choice* Milk choice* | 21 | WG Garlic Cheesebread Marinara Sauce Tossed garden salad Rainbow veggie bar Fruit choice* Milk choice* | 22 |
| No School Spring Break | 25 | No School Spring Break | 26 | No School Spring Break | 27 | No School Spring Break | 28 | No School Spring Break | 29 |

Sandwich/Wrap choices: Daily features listed on the School District Child Nutrition Website.

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

## Healthy Kids Do Better in School

- My Plate, My Wins - Healthy Eating Solutions for Everyday Life This time of year we start getting excited to see color outside. Find a rainbow of colors in the fruits and vegetables you eat. Eat a variety of colorful fruits and vegetables every day


## Free Meals for All Students

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

