

## March 2024 Middle School Menu

Menus are subject to change without notice.

WG = Whole Grain LF = Low Fat

Monday		Tuesday		Wednesday		Thursday		Friday	
								WG Grilled Cheese Sandwic Tomato Soup with WG Crac Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*	
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*	5	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 Oven baked sweet potato fries Tossed garden salad Rainbow veggie bar WG dinner roll Fruit choice* Milk choice*	7	WG Quesadilla Fresh veggie fixings Steamed mixed veggies Fruit choice* Milk choice*	8
Mini Sampler Basket 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*	12	WG Primo Pizza Steamed broccoli Rainbow veggie bar Fruit choice* Milk choice*		WG Chicken Sandwich Lettuce and tomato slices Oven baked beans Cucumber ranch salad Rainbow veggie bar Fruit choice* Milk choice*	14	Bosco Sticks Marinara sauce Caesar salad Rainbow veggie bar Fruit choice* Milk choice*	15
Chicken Parmesan with WG Pasta Steamed green beans Rainbow veggie bar Fruit choice* Milk choice*	18	Ultimate All Beef Hotdog Bar Vegetarian baked beans Creamy coleslaw Rainbow veggie bar Fruit choice* Milk choice*	19	WG French Toast Sticks and Cheese Omelet Breakfast potatoes Colorful garden peppers Fruit choice* Milk choice*	20	Pork Carnita Street Taco 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.

This institution is an equal opportunity provider.