



# Sikeston Jr. High Lunch

## March 2018

### Lunch Prices:

K – 4<sup>th</sup> .....\$2.30  
 5<sup>th</sup> – 12<sup>th</sup> ...\$2.55  
 Reduced... \$0.40  
 Adult .....\$3.50

5

Salisbury steak w/ gravy & mash potatoes or Beef & Pepperoni Calzone  
 Roasted cauliflower  
 Fresh Tomatoes  
 Pears

**FUEL starts today!**

6

Rotini w/ meat sauce  
 Bread stick  
 Cheese and Broccoli  
 Stromboli  
 Green Beans  
 Cucumber slices  
 Mixed fruit

7

Baked Potato w/chili  
 And cheese  
 Beef Meatball calzone  
 Glazed carrots  
 Fresh broccoli  
 Applesauce

1

Chicken Alfredo w/ a bread stick  
 Corn  
 Chicken & spinach calzone  
 Celery stick  
 Applesauce

2

BBQ Pork Riblet or Chicken Ranch Club  
 Flatbread  
 Collard greens  
 Tomato cucumber salad  
 Peaches

12

Meatloaf w/gravy  
 Dinner roll  
 Mashed potatoes  
 Fresh tomatoes wedges  
 Or chicken buffalo  
 Calzone  
 Peaches

13

Chicken popcorn bowl  
 Or BBQ chicken calzone  
 Green beans  
 Fresh red pepper strip  
 Applesauce

14

Pulled pork sandwich  
 Broccoli and cheese  
 Stromboli  
 Kickin beans  
 Baby carrots  
 Pears

15

Fish sticks  
 Macaroni and cheese  
 Collard greens or Pepperoni banana pepper Stromboli  
 Fresh Broccoli  
 Mix fruit

16

Broccoli & Cheese Baked Potato  
 Beef meatball Calzone  
 Black beans  
 Fresh red peppers  
 Peaches

19

Pizza sticks w/ marinara sauce  
 Chicken & cheese  
 Stromboli  
 Corn  
 Cucumber slice  
 Applesauce

20

Rotini W/ Meat Sauce & bread stick  
 Buffalo chicken calzone  
 Green Beans  
 Garden salad  
 Peaches

21

Chili Mac w/ breadstick  
 Orange glazed carrots  
 Pepperoni & banana pepper calzone  
 Fresh broccoli  
 Mix fruit

22

Chicken spaghetti carbonara w/ breadstick  
 Black beans  
 Celery sticks  
 Pears  
 Broccoli cheese Stromboli

23

Beef chili w/ crackers  
 BBQ chicken flatbread  
 Corn  
 Fresh Tomatoes  
 Applesauce

26

Salisbury w/gravy and Noodles  
 Green beans  
 Red pepper strips  
 Mixed fruit  
 Chicken cheese Panini

27

Sloppy Joe  
 Kickin beans  
 Garden salad  
 Peaches  
 Meatball Calzone

28

Roasted turkey & stuffing w/gravy  
 Green Beans  
 Fresh Zucchini  
 Pears  
 Chicken onion pepper  
 Stromboli

29

Early Dismissal!  
  
 Chicken patty sandwich  
 Chips  
 Baby Carrots  
 Raisin

30

No School!!

### Lunch items available daily:

Made to Order (MTO) Deli Sandwiches  
 Assorted Pizza  
 Grill Items  
 Taco Bar  
 Assorted Milk



Try our New FUEL Items!

March 5<sup>th</sup>  
 Fiesta Fold over w/chipotle-corn salsa

March 16<sup>th</sup>  
 Mediterranean Meatball Wrap w/tzatziki sauce

### What is a Jr. H.S. OVS Reimbursable Lunch Meal?

Students must select a minimum of 3 meal components.  
 At least one of which must be a fruit or vegetable



Meat/ Meat Alternate



Bread/ Grain



Fruit



Veggie



8 oz. milk