

ALLEN PARISH SCHOOL BOARD – MARCH 2019

Revised 2/12/2019

L
U
N
C
H

M
E
N
U
S

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

ALL MEALS INCLUDE... Choice of Milk Each Day

WEEK 4



1
Cheeseburger on a WW Bun
or Egg Salad Sandwich
Mayo/Mustard/Catsup
Sandwich Cup, Pickle Slice
Sweet Potato Fries
Fruit Cocktail
Apple Slices

WEEK 1

Holiday

4

Holiday

5

Holiday

6

7
Chicken Spaghetti
Whole Wheat Italian Bread
with Dipping Sauce
Steamed Carrots
Celery Sticks with Ranch
Diced Pears
Applesauce

8
Crispy Fish Patty & Catsup
Scalloped Potatoes
Great Northern Beans
or Baked Beans
Fruit Cocktail
Banana
Whole Wheat Sugar Cookie

WEEK 2

11
Sloppy Joe or BBQ Rib Burger
Crispy Crinkle Fries
& Catsup
Lettuce Sandwich Cup
with Cucumber & Tomato
Pineapple Tidbits
Apple Slices

11

12
BBQ Chicken
Baked Beans
Vegetable Melody
Whole Wheat Roll
Peach Slices
Banana

12

13
Hot Ham & Cheese Sandwich
or Corn Dog
Mayo/Mustard/Catsup
Sweet Potato Fries
Romaine Salad
with Italian Dressing & Croutons
Fruit Cocktail
Raisin Cup

13

14
Meatloaf with Gravy
Mashed Potatoes
Whole Wheat Roll
Great Northern Beans
Sliced Peaches
Juicy Plums

14

15
Pepperoni or Cheese Pizza
Broccoli Cuts & Cheese Sauce
Garden Salad, Tomato,
Cucumber & Ranch Dressing
Steamed Corn
Apricot Slices
Applesauce

WEEK 3

18
Shepard's Pie
Sweet Peas
Steamed Carrots
Diced Pears
Banana
Soft Brownie Bite

18

19
Chicken & Sausage Jambalaya
Cornbread
Seasoned Mustard Greens
Cream Style Corn
Fresh Fruit Cup
Fresh Apple

19

20
Baked Ham
Yam Pattie
Baby Lima Beans
Whole Wheat Roll
Pineapple Tidbits
Fruit Cocktail

20

21
Spaghetti & Meat Sauce
Whole Wheat Breadsticks
Green Beans
Creamy Coleslaw
Melon Cup
Orange Wedges

21

22
Grilled Cheese Sandwich
Vegetable Soup or Egg Roll
Carrot Sticks with Ranch
Sliced Pears
Banana
Whole Wheat Gingerbread
Square

WEEK 4

25
Turkey Hot Dog on a Bun
Shredded Cheese Cup
Mayo/Mustard/Catsup
Crispy Crinkle French Fries
Steamed Corn
Orange Wedges
Fresh Fruit Cup

25

26
Red Beans & Sausage
Steamed Rice
Cornbread
Steamed Green Beans
Vegetable Melody
Melon Cup
Mandarin Oranges

26

27
Beef/Turkey Nachos
with Cheese
Whole Grain Tortilla Chips
Mexican Style Beans
Lettuce/Tomato Cup
Pear Halves
Fresh Grapes

27

28
Chicken & Sausage Gumbo
with Steamed Rice
Potato Salad
Seasoned Mustard Greens
Saltine Crackers
Pineapple Rings & Cherry
Banana

28

29
Cheeseburger on a WW Bun
or Egg Salad Sandwich
Mayo/Mustard/Catsup
Sandwich Cup, Pickle Slice
Sweet Potato Fries
Fruit Cocktail
Apple Slices

29