March 2018

Maumelle Charter High School

LUNCH

Prices: Reduced $0.40
Full $3.00
Pay for the Month:
Reduced: $6.80 **Full:** $51.00

Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.
This Institution is an equal opportunity provider and employer.

Monday	Tuesday	Wednesday	Thursday	Friday
		Milk and Fruit offered daily.	1 Scrambled Eggs Sausage Toast w/Jelly Sweet Potato & Apples Gold Rush Juice Diced Peaches Assorted Fresh Fruit Bowl 2nd Choice: Sub Sandwich w/ Chips & Veggies	2 Max Sticks w/ Marinara Sauce Pepperoni Pizza Steamed Broccoli Baby Carrots Mixed Fruit Assorted Fresh Fruit Bowl
5 Chicken Fries Roll Chicken Nuggets Sweet Potato Green Beans Diced Pears Assorted Fresh Fruit Bowl	6 Hard/Soft Shell Taco w/ Veggies Buffalo Chicken Crispito Mexican Corn Salsa Pinto Beans Mandarin Oranges Assorted Fresh Fruit Bowl	7 Corn Dog Hamburger w/ Veggies French Fries Carrots/Broccoli Applesauce Assorted Fresh Fruit Bowl	8 Chicken Spaghetti w/ Texas Toast Sub Sandwich w/ Chips & Veggies Spinach Salad Peas & Carrots Diced Peaches Assorted Fresh Fruit Bowl	9 Pizza Strips Cheese Pizza Steamed California Blend Tossed Salad Strawberry Cup Assorted Fresh Fruit Bowl
12 Chicken Rings Roll Chicken Nuggets Potato Wedges Green Beans Diced Pears Assorted Fresh Fruit Bowl	13 Beefy Nacho's Chicken Crispito's Salsa Tossed Salad Refried Beans Pineapple Tidbits Assorted Fresh Fruit Bowl	14 Fish Sticks w/ Tartar Sauce Hamburger w/ Veggies Cole Slaw French Fries Applesauce Assorted Fresh Fruit Bowl	15 Beef Fingers w/ Roll Sub Sandwich w/Chips & Veggies Mashed Potato w/gravy Green Beans Diced Peaches Assorted Fresh Fruit Bowl	16 Bosco Stick w/Cheese Stick Sausage Pizza Steamed Broccoli Carrots Marinara Sauce Mixed Fruit Assorted Fresh Fruit Bowl
19 Spring Break	20 Spring Break	21 Spring Break	22 Spring Break	23 Spring Break
26 Chicken Sandwich w/ veggies Chicken Nuggets w/ Roll Potato Wedges Baby Carrots/Celery Diced Pears Assorted Fresh Fruit Bowl	27 Quesadilla Salsa Buffalo Chicken Crispito Corn Refried Beans Mandarin Oranges Assorted Fresh Fruit Bowl	28 Honey Ham w/ Cornbread Hamburger w/ Fries & Veggies Mashed Potato w/ Gravy Black-eyed Peas Applesauce Assorted Fresh Fruit Bowl	29 Cheeseburger Macaroni Sub Sandwich w/ Chips & Veggies Spinach Salad Green Beans Diced Peaches Assorted Fresh Fruit Bowl	30 Pizza Crunchers w/ Marinara Sauce Meat Lovers Pizza Steamed Broccoli Baby Carrots Mixed Fruit Assorted Fresh Fruit Bowl