

March 2018

PLEASANT RIDGE MIDDLE SCHOOL

LUNCH



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. Menus are subject to change



Monday

Tuesday

Wednesday

Thursday

Friday



Chicken Strips / Roll
PBJ: Yogurt -Goldfish

1

Cheese Pizza
PBJ: Cheese Stick - Goldfish

2

Mashed Potato / Gravy
Peas / Fresh Fruit

Salad Bar / Fresh Oranges
March Birthday Cake

Taco Crunch
Tenderloin Sandwich
Lettuce / Tomato
Corn / Tortilla Chips & Salsa
Pineapple

5

Mac & Cheese with
Garlic Toast & Little Smokies
Corn Dog
Caesar Salad / Carrots
Chilled Pears / Yogurt

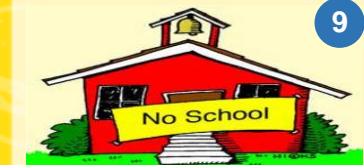
6

Hot Ham and Cheese
Grilled Chicken Sandwich
Tater Tots
Baked Beans
Tropical Fruit

7

Chicken Strips / Roll
PBJ: Yogurt -Goldfish
Mashed Potato / Gravy
Green Beans / Fresh Fruit

8



9

Burrito w/ cheese Sauce
Grilled Chicken Sandwich
Lettuce / Tomato / Corn
Tortilla Chips / Salsa
Fruit Cocktail

12

Sweet & Sour Chicken
With Egg Roll
Corn Dog
Rice / Chilled Pears
Cucumber and Peppers w/Ranch

13

Cheese Burger
BBQ Riblet Sandwich
Lettuce / tomato
Baked Beans
Fries
Applesauce

14



15



16



19



20



21



22



23

Crispitos w/ Cheese Sauce
Tenderloin Sandwich
Lettuce / Tomato
Corn / Tortilla chips/ Salsa
Pineapple

26

Chicken Wrap
Corn Dog
Chicken Rice
Salad Bar
Chilled Peaches

27

Pig In A Blanket
Grilled Chicken Sandwich
Tater Tots
Baked Beans
Tropical Fruit / Yogurt

28

Chicken Strips / Roll
PBJ: Yogurt -Goldfish
Mashed Potato / Gravy
Peas / Fresh Fruit

29



30