

March 2018

PLEASANT RIDGE HIGH 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 1  
PBJ: Yogurt -Goldfish

Cheese Pizza 2  
PBJ: Cheese Stick - Goldfish

Mashed Potato / Gravy  
Peas / Fresh Fruit

Salad Bar / Fresh Oranges  
March Birthday Cake

Taco Crunch 5  
Tenderloin Sandwich  
Lettuce / Tomato  
Corn / Tortilla Chips & Salsa  
Pineapple

Mac & Cheese with 6  
Garlic Toast & Little Smokies  
Corn Dog  
Caesar Salad / Carrots  
Chilled Pears / Yogurt

Hot Ham and Cheese 7  
Grilled Chicken Sandwich  
Tater Tots  
Baked Beans  
Tropical Fruit / Cookie

Chicken Strips / Roll 8  
PBJ: Yogurt -Goldfish  
Mashed Potato / Gravy  
Green Beans / Fresh Fruit



Burrito w/ cheese Sauce 12  
Grilled Chicken Sandwich  
Lettuce / Tomato / Corn  
Tortilla Chips / Salsa  
Fruit Cocktail

Sweet & Sour Chicken 13  
With Egg Roll  
Corn Dog  
Rice / Chilled Pears  
Cucumber and Peppers w/Ranch

Cheese Burger 14  
BBQ Riblet Sandwich  
Lettuce / tomato  
Baked Beans  
Fries  
Applesauce / Sherbet



Crispitos w/ Cheese Sauce 26  
Tenderloin Sandwich  
Lettuce / Tomato  
Corn / Tortilla chips/ Salsa  
Pineapple

Chicken Wrap 27  
Corn Dog  
Chicken Rice  
Salad Bar  
Chilled Peaches

Pig In A Blanket 28  
Grilled Chicken Sandwich  
Tater Tots  
Baked Beans  
Tropical Fruit / Cookie

Chicken Strips / Roll 29  
PBJ: Yogurt -Goldfish  
Mashed Potato / Gravy  
Peas / Fresh Fruit

