

- Daily salad bar offered as part of the meal
- MS/HS/Adult salad meal options available
- Alt entrée menu offered daily for HS students
- Variety of low-fat milk offered with all meals

**Monday**

Baked Ham **2**  
Biscuit & Honey  
Apple Glazed Sweet Potatoes  
Salad Bar  
Fresh & Canned Fruit

Breaded chicken Sandwich **7**  
Lettuce/Tomato  
Salad Bar  
Tropical fruit salad  
Fresh Grapes  
Oatmeal Cookie

**16**

Hot Ham & Cheese Sandwich **23**  
Ranch Potato Wedges  
Salad Bar  
Diced peaches  
Apple Wedge

Sweet & Sour Chicken **30**  
Rice bowl  
Asian Vegetable mix  
Salad Bar  
Mandarin Oranges  
Fresh Fruit Choice

**Tuesday**

Hamburger on a Bun **3**  
Leaf lettuce & tomato slice  
Oven Fries  
Salad bar  
Fresh Fruit Choice  
Canned Fruit Choice

Taco Salad **10**  
Tortilla Chips & Salsa  
Refried beans  
Salad bar  
Fresh Fruit Choice  
Canned Fruit Choice

**17**

Popcorn Chicken **24**  
Dinner roll  
Mashed Potatoes & Gravy  
Salad bar  
Canned fruit choice  
Fresh fruit choice

Pulled Pork sandwich **31**  
Sweet Potato Puffs  
Salad Bar  
Fresh Fruit Choice  
Cinnamon Applesauce

**Wednesday**

Chili **4**  
**Crackers (9-12)**  
Salad bar  
Fresh fruit choice  
Strawberries & Bananas  
Cinnamon Roll

Pig in a blanket **11**  
Roasted red potatoes  
Salad bar  
Cinnamon Apples  
Fresh Fruit choice

**18**

Taco burger **25**  
Chips & Salsa  
Refried beans  
Salad bar  
Fresh Fruit Choice  
Canned Fruit Choice

**31**

**Thursday**

Chicken fried steak **5**  
Dinner roll  
Mashed potatoes & gravy  
Salad bar  
Sliced pears  
Fresh Fruit choice

Chicken & Noodles **12**  
Mashed potatoes  
**Dinner Roll & jelly (6-12)**  
Salad bar  
Fresh Fruit choice  
Canned Fruit Choice

**19**

Spaghetti w/ meat sauce **26**  
Garlic Bread  
Green beans  
Salad bar  
Fresh Fruit Choice  
Diced Pears

**31**

**Friday**

Cheesy Tuna Casserole **6**  
Peas & Carrots  
Salad bar  
Fresh Fruit Choice  
Canned Fruit Choice  
Chocolate Chip Cookie

Cheesy Lasagna Rolls **13**  
**Cheesy breadstick (6-12)**  
Green beans  
Salad bar  
Orange wedges  
Canned Fruit Choice

**20**

Stuffed Crust Cheese **27**  
Pizza  
Salad Bar  
Fresh Grapes  
Canned Fruit Choice  
Royal Brownie

**31**

**Spring Break**



March is National Nutrition Month.

Choosing nutritious foods and getting enough physical activity can make a significant difference in your health. For National Nutrition Month® 2020, in March, the Academy of Nutrition and Dietetics encourages people to make informed food choices and develop sound eating and physical activity habits. Throughout the month of March, tune into our social media outlets for helpful tips about nutrition and physical activity.