

- 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

Hamburger **2**
 Apple Glazed Sweet Potatoes
 Salad Bar
 Fresh & Canned Fruit

Calzone **9**
 Marinara sauce
 Salad Bar
 Tropical fruit salad
 Fresh Grapes
 Oatmeal Cookie

16

Stuffed Crust Pizza **23**
 Salad Bar
 Diced peaches
 Apple Wedge

Calzone **30**
 Marinara Sauce
 Asian Vegetable mix
 Salad Bar
 Mandarin Oranges
 Fresh Fruit Choice

Tuesday

Stuffed Crust Pizza **3**
 Salad bar
 Fresh Fruit Choice
 Canned Fruit Choice

Hamburger **10**
 Fries
 Refried beans
 Salad bar
 Fresh Fruit Choice
 Canned Fruit Choice

17

Hamburger **24**
 Fries
 Salad bar
 Canned fruit choice
 Fresh fruit choice

Hamburger **31**
 Sweet Potato Puffs
 Salad Bar
 Fresh Fruit Choice
 Cinnamon Applesauce

Wednesday

Spicy Chicken **4**
 Sandwich
 Salad bar
 Fresh fruit choice
 Strawberries & Bananas

Chicken Wrap **11**
 Roasted red potatoes
 Salad bar
 Cinnamon Apples
 Fresh Fruit choice

18

Spicy Chicken Sandwich **25**
 Chips & Salsa
 Refried beans
 Salad bar
 Fresh Fruit Choice
 Canned Fruit Choice

Thursday

Totcho **5**
 Biscuit w/ honey
 Salad bar
 Sliced pears
 Fresh Fruit choice

Taco Burger **12**
 Salad bar
 Fresh Fruit choice
 Canned Fruit Choice

19

Quesadilla **26**
 Green beans
 Salad bar
 Fresh Fruit Choice
 Diced Pears

Friday

Rib Sandwich **6**
 Peas & Carrots
 Salad bar
 Fresh Fruit Choice
 Canned Fruit Choice
 Chocolate Chip Cookie

Hot Dog **13**
 Fries
 Green beans
 Salad bar
 Orange wedges
 Canned Fruit Choice

20

Rib Sandwich **27**
 Fries
 Salad Bar
 Fresh Grapes
 Canned Fruit Choice
 Royal Brownie

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.