

MARCH

2019

GOOD EATS AT

CENTRAL HEIGHTS ISD LUNCH

It's **GUS JUSTICE** to the rescue!

M T W TH F

ART CONTEST CONTINUES

"You ART What You Eat"
Create and enter today!
SquareMeals.org/artcontest

SCHOOL BREAKFAST WEEK
MARCH 4-8
SquareMeals.org/sbw

Steak sandwiches
Cheese crutchers
Cucumber slices w/dip
Lettuce tomato pickle
Applesauce
Fat free & 1% milk **4**

Oven roasted chicken
Steak fingers
Mashed potatoes
Green beans
Wg roll
Mixed fruit
Fat free & 1% milk **5**

Pizza
Hot wings
Sweet peas
Carrots
Peaches
Fat free & 1% milk
Baked potato **6**

General T'so's chicken
Chicken teriyaki
Fried rice
Corn
Diced pears
Wg roll
Egg roll **7**

Hamburger
Fish (fs)
Lettuce tomato pickle
Chips
Mandarine oranges
Fat free & 1% milk
Chicken strips **1**

Hamburger
Fish (fs)
Lettuce tomato pickle
Chips
Mandarine oranges
Fat free & 1% milk
Chicken strips **8**

Chicken sandwich
Mini corn dogs (oleo)
Popcorn shrimp (fs)
Celery w/dip
Lettuce tomato pickle
Chips
Applesauce
Fat free & 1% milk **11**

Chicken sticks
Salisbury steak
Mashed potatoes
Green beans
Wg roll
Mixed fruit
Fat free & 1% milk **12**

Hot pocket
Chili cheese burrito
Pinto beans
Spring salad
Peaches
Fat free & 1% milk
Baked potato **13**

Soft taco
Crunchy taco
Refried beans
Lettuce tomato cup
Spanish rice (fs)
Diced pears
Fat free & 1% milk **14**

Early Release Sack lunch
Chef salad offered everyday (6-12)
Fresh fruit offered everyday
Elem. Lunch \$2.75
Jr. high/high school lunch \$3.00
Adult lunch \$ 3.25
Milk .30

ANNOUNCEMENTS

Spring Break **18**

Spring Break **19**

Spring Break **20**

Spring Break **21**

Spring Break **22**

Popcorn chicken
Pizza
Corn
Spring salad
Applesauce
Wg roll
Fat free & 1% milk **25**

Chicken rings
Meatballs w/gravy
Mashed potatoes
Green beans
Wg roll
Mixed fruit
Fat free & 1% milk **26**

Corn dogs
Asian bites
Black eye peas
Mac n cheese
Carrots w/dip
Peaches
Fat free & 1% milk
Baked potato **27**

Chicken spaghetti
Burrito
Spring salad
Carrots w/dip
Diced pears
Wg roll
Fat free & 1% milk **28**

Hamburger
Fish (fs)
Lettuce tomato pickle
Chips
Mandarine oranges
Fat free & 1% milk
Chicken strips **29**

MENU SUBJECT TO CHANGE
BASED ON AVAILABILITY!!!!

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

The great team, funded by you,
This service is an equal opportunity provider.

MARCH 4-8

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M	T	W	TH	F
<p>Yogurt /gripz Assorted cereal Toast Apple juice Orange juice Applesauce Fat free & 1% milk</p> <p>4</p>	<p>Mini pancakes Assorted cereal Toast Apple juice Orange juice Mixed fruit Fat free & 1% milk</p> <p>5</p>	<p>Oatmeal Assorted cereal Toast Apple juice Orange juice Peaches Fat free & 1% milk</p> <p>6</p>	<p>Sausage n biscuit Assorted cereal Toast Apple juice Orange juice Diced pears Fat free & 1% milk</p> <p>7</p>	<p>Breakfast pizza Assorted cereal Toast Apple juice Orange juice Mandarine oranges Fat free & 1% milk</p> <p>1</p>
<p>Assorted muffins Assorted cereal Toast Apple juice Orange juice Applesauce Fat free & 1% milk</p> <p>11</p>	<p>Kolaches Assorted cereal Toast Apple juice Orange juice Mixed fruit Fat free & 1% milk</p> <p>12</p>	<p>Oatmeal Assorted cereal Toast Apple juice Orange juice Peaches Fat free & 1% milk</p> <p>13</p>	<p>Sausage egg n biscuit Assorted cereal Toast Apple juice Orange juice Diced pears Fat free & 1% milk</p> <p>14</p>	<p>Breakfast pizza Assorted cereal Toast Apple juice Orange juice Mandarine oranges Fat free & 1% milk</p> <p>15</p>
<p>Pop tarts Assorted cereal Toast Apple juice Orange juice Applesauce Fat free & 1% milk</p> <p>25</p>	<p>French toast sticks Assorted cereal Toast Apple juice Orange juice Mixed fruit Fat free & 1% milk</p> <p>26</p>	<p>Oatmeal Assorted cereal Toast Apple juice Orange juice Peaches Fat free & 1% milk</p> <p>27</p>	<p>Sausage egg n cheese Assorted cereal Toast Apple juice Orange juice Diced pears Fat free & 1% milk</p> <p>28</p>	<p>Breakfast pizza Assorted cereal Toast Apple juice Orange juice Mandarine oranges Fat free & 1% milk</p> <p>29</p>
<p>SPRING BREAK</p> <p>18</p>	<p>SPRING BREAK</p> <p>19</p>	<p>SPRING BREAK</p> <p>20</p>	<p>SPRING BREAK</p> <p>21</p>	<p>SPRING BREAK</p> <p>22</p>

SPECIAL ANNOUNCEMENTS

Breakfast \$1.25
Milk .30

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