

# March Menu

Secondary

A variety of milk will be offered with every meal.

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| 4<br>Chicken Fried Steaks or Boneless Wings with Hot Roll<br>Roasted Potatoes<br>Seasoned Green Beans<br>Fresh Salad w/ Toppings<br>Fruit Cup | 5<br>Build Your Own Tacos or Chili Cheese Nachos with Spanish Rice or Pizza<br>Charro Beans<br>Fresh Salad w/ Toppings<br>Homemade Salsa<br>Rainbow Pears | 6<br>Soup, Sandwich, and Salad<br><i>Choice of Soup and Sandwich with Garden Salad or Burger</i><br>Fresh Salad w/ Toppings<br>Fresh Oranges | 7<br>Chicken Parmesan w/ Garlic Stick or Pizza<br>Steamed Broccoli<br>Fresh Salad w/ Toppings<br>Berries & Cream | 8<br>Fish Sandwich or Chicken Strip Basket with Fries or Pizza<br>Fresh Salad w/ Toppings<br>Fresh Fruit |

## Enjoy Your Spring Break!

|  |   |   |   |  |
|--|---|---|---|--|
| 18<br>Steak Fingers or Chicken Nuggets with Hot Roll<br>Mashed Potatoes<br>Sautéed Vegetable<br>Fresh Salad w/ Toppings<br>Fruit Cup | 19<br>Build Your Own Tacos or Quesadillas with Spanish Rice or Pizza<br>Refried Beans<br>Fresh Salad w/ Toppings<br>Homemade Salsa<br>Fruit Cup | 20<br>Monterrey Chicken with Hot Roll or Burger<br>Steamed Vegetables<br>Fresh Salad w/ Toppings<br>Fruit Cup   | 21<br>French Bread Pizza or Pizza<br>Sweet Seasoned Corn<br>Fresh Salad w/ Toppings<br>Colorful Apple Sauce | 22<br>Cheese Burger or Fish Burger Basket with Fries or Pizza<br>Fresh Salad w/ Toppings<br>Fresh Fruit      |
| 25<br>Chicken Pot Pie or Burger<br>Seasoned Vegetables<br>Fresh Salad w/ Toppings<br>Fruit Cup                                       | 26<br>Build Your Own Tacos or Crisпитos or Pizza<br>Charro Beans<br>Spanish Rice<br>Homemade Salsa<br>Fresh Salad w/ Toppings<br>Fruit Cup      | 27<br>Popcorn Chicken or Crispy Chicken Salad or Burger<br>Hot Roll<br>Mashed Potatoes<br>Seasoned Vegetables<br>Fresh Salad w/ Toppings<br>Berries & Cream | 28<br>Calzones or Pizza<br>Steamed Vegetables<br>Fresh Salad w/ Toppings<br>Banana Sundae                   | 29<br>Chicken Sandwich or Fish Sandwich Basket with Fries or Pizza<br>Fresh Salad w/ Toppings<br>Fresh Fruit |

### SPRING FRUIT SMOOTHIE

- 1 FROZEN BANANA, PEELLED AND SLICED
  - 2 CUPS FROZEN STRAWBERRIES
  - 1 CUP MILK
  - 1/2 CUP PLAIN OR VANILLA YOGURT
  - 1/2 CUP FRESHLY SQUEEZED ORANGE JUICE
  - 2 TO 3 TABLESPOONS HONEY OR TO TASTE
- PUT ALL THE INGREDIENTS IN A BLENDER AND PROCESS UNTIL SMOOTH. POUR INTO GLASSES AND SERVE.



### RISE AND SHINE!



START THE DAY OFF RIGHT WITH A HEALTHY, FUN BREAKFAST!  
NATIONAL SCHOOL BREAKFAST WEEK IS MARCH 4TH-8TH, SO COME JOIN US!

Breakfast

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

| Monday                       | Tuesday  | Wednesday                          | Thursday                      | Friday                     |
|------------------------------|--|------------------------------------|-------------------------------|----------------------------|
| Sausage Roll or French Toast | Scrambled Eggs w/ Toast & Sausage, Bacon, or Ham | Breakfast Pizza or Sausage Biscuit | Cinnamon Roll or Pancake Wrap | Waffles or Muffin & Yogurt |