

MARCH MENU 2018 MHS, MMS

All meals are served with 1% or fat free flavored milk

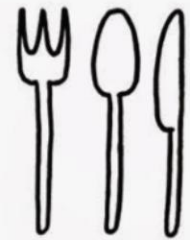
Monday	Tuesday	Wednesday	Thursday	Friday
2/26 VACATION	2/27 VACATION	2/28 VACATION	1 VACATION	2 VACATION
5 Mac & Cheese w/ Ham Pasta Cheese Ham Vegetable Fruit	6 Thanksgiving Wrap Turkey Stuffing Cranberry Mayo Vegetable Fruit	7 Ham, Cheddar, Broccoli Hot Pocket Fries Fruit	8 Turkey Noodle Soup Garlic Cheesy Bread Fruit	9 Pizza Papa Gino's Vegetable 1 cup Fruit 1 Cup
12 Southern Plate BBQ Pork Mac & Cheese Baked Beans Bread Fruit	13 CLOSED Teacher Workshop Day	14 Nachos w/ Cheese Sauce, Chips Chili Corn Salad Salsa, Sour Cream Fruit	15 Cowboy Burger WW Roll Burger Onion rings Cheese BBQ Sauce 3 Bean Salad Fruit	16 Pizza Vegetable 1 cup Fruit 1 Cup
19 Steak Bomb WW Sub Roll Beef Peppers, Onions Cheese 3 bean salad Fruit	20 Turkey Pot Pie Turkey Vegetables WW Crust Fruit	21 Roast Pork Dinner Pork Mashed Potato Carrots Gravy Fruit	22 Kentucky Hot Brown Turkey Cheese Sauce Bacon & Tomato Crispy Bread Fruit	23 Pizza Papa Gino's Vegetable 1 cup Fruit 1 Cup
26 Turkey Ranch Bacon Pinwheels Chips Fruit	27 Street Taco Meat Beans Citrus Slaw Flat bread Cheese Fruit	28 Pasta w/ Meat sauce Pasta Meat Sauce Cheese Vegetable Fruit	29 Tuna Sandwich WW bread Tuna Pickle Fries Fruit	30 Pizza Vegetable 1 cup Fruit 1 Cup

USDA is an equal opportunity provider and employer

You now have the ability to pay for school Breakfast & lunch online.

Monitor your child's account balance; go to- <http://ezschoolpay.com>

Eat Green, Eat Healthy



THE
GREEN
BAR

DREAM-ORACLE

Breakfast Menu **Served Daily**

Breakfast Sandwich

2oz. Whole Wheat Croissant
1oz Turkey Sausage
1oz. American Cheese
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Breakfast Cereal, Whole Grain

Cinnamon Toast Crunch,
Honey Nut Cheerios Golden Graham 1 cup
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Whole Wheat Bagel

4oz. Bagel
1oz Cream Cheese
1 Piece or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Parfait

Plain, Fat Free Yogurt 6oz.
Strawberries ½ cup
Granola 3oz
1% or Fat Free Flavored Milk

Served Tuesday/ Thursday

Whole Wheat Raised Donut

3oz Donut
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Muffin

Blueberry Banana Muffin, or Cinnamon Coffee Cake
1 Piece of Fruit or 1 Cup 100% Fruit Juice
1 Cup 1% Milk or Fat Free Flavored Milk

Served Wednesdays & Fridays

Fruit Smoothie

6oz. Plain Fat Free Yogurt
4oz Strawberries
4oz Banana
2oz 100% Orange Juice

Sides

Lite Cream Cheese .25, Sun Butter-2oz, Jam -1oz

Breakfast Meal , Prices- Full Breakfast Meal- \$1.75 /Reduced .30 /Free

SERVED DAILY

Turkey or Ham Wrap

Served with

Wrap

Cheese

Lettuce

Mustard/Mayo

Fruit or Vegetable or Both

Fresh Fruit Salad

Cut up Fresh Fruit

String Cheese

Wheat Thins

Vegetable

Strawberry Parfait

Granola

Strawberries/ Blueberries

Yogurt

String Cheese

Fat Free Flavored or 1% milk is offered

Additional Fruit or Vegetable is also available with these meals.

FULL SALAD BAR OPEN DAILY

All meals are served with 1% or Fat Free Flavored milk

Daily meals are subject to change due to product availability.

Lunch meal \$3.05/reduced .40/ Free

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