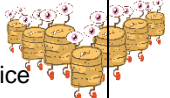



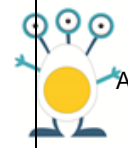




# High School Breakfast Menu

## March 2020



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Breakfast Bowl Cinnamon Toast Square Cereal Toast</p>  <p>Assorted Juice Pineapples</p>	<p>3</p> <p>Pancake on Stick Yogurt Parfait Cereal Super Donut</p>  <p>Assorted Juice Fresh Melon</p>	<p>4</p> <p>Grits w/Bacon Cereal Toast</p>  <p>Assorted Juice Sliced Apples</p>	<p>5</p>  <p>Ham &amp; Cheese Slider Yogurt Parfait Cereal Donut Holes</p> <p>Assorted Juice Strawberries</p>	<p>6</p> <p>French Toast Sticks Cereal Toast</p>  <p>Assorted Juice Grapes</p>
<p>9</p> <p>Bacon, Egg &amp; Cheese Biscuit Cereal Toast</p> <p>Assorted Juice Fresh Apple</p>	<p>10</p> <p>Yogurt Parfait Cereal Super Donut</p> <p>Assorted Juice Pears</p>	<p>11</p> <p>Chicken Biscuit Cinnamon Roll Cereal Toast</p> <p>Assorted Juice Fresh Oranges</p>	<p>12</p> <p>Yogurt Parfait Cereal Donut Holes</p> <p>Assorted Juice Sliced Peaches</p>	<p>13</p> <p>Pancakes &amp; Eggs Cereal Toast</p> <p>Assorted Juice Mandarin Oranges</p>
<p>16</p> <p>Breakfast Pizza Cereal Donut Sticks</p> <p>Assorted Juice Pineapples</p>	<p>17</p> <p>Yogurt Parfait Cereal Super Donut</p> <p>Assorted Juice Fresh Melon</p>	<p>18</p> <p>Waffles &amp; Sausage Cereal Toast</p> <p>Assorted Juice Fresh Apples</p>	<p>19</p> <p>Breakfast Tornado Yogurt Parfait</p> <p>Assorted Juice Strawberries</p>	<p>20</p> <p>Sausage Biscuit Cereal Toast</p> <p>Assorted Juice Grapes</p>
<p>23</p> <p>Breakfast Bowl Cinnamon Toast Square Cereal Toast</p> <p>Assorted Juice Pineapples</p>	<p>24</p> <p style="text-align: center;">"No School Today"</p>	<p>25</p> <p>Grits w/Bacon Cereal Toast</p> <p>Assorted Juice Sliced Apples</p>	<p>26</p> <p>Ham &amp; Cheese Slider Yogurt Parfait Cereal Donut Holes</p> <p>Assorted Juice Strawberries</p>	<p>27</p> <p>French Toast Sticks Cereal Toast</p> <p>Assorted Juice Grapes</p>
<p>30</p> <p>Bacon, Egg &amp; Cheese Biscuit Cereal Toast</p> <p>Assorted Juice Fresh Apple</p>	<p>31</p> <p>Yogurt Parfait Cereal Super Donut</p> <p>Assorted Juice Pears</p>			

### MEALTIME MESSAGE

**NATIONAL SCHOOL BREAKFAST WEEK.**  
This year's theme is:

SCHOOL BREAKFAST  
Out of This World



March 2-6, 2020

**We offer at least 4 items for breakfast, students are only required to choose 3 of those. Each meal must include at least one fruit option.**

Fruit and/or Juice also offered daily with Breakfast.

Assorted Milk Choices Available Daily for Breakfast and Lunch:  
1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla

\*\* Contains Pork

Menu Items subject to change based upon availability.



# High School Lunch Menu

## March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MEALTIME MESSAGE
2 Hot Dogs w/chili BBQ Sandwich Chef Salad  Baked Beans Steamed Broccoli Fresh Grapes Fruit Cocktail	3 Fish Nuggets w/Hushpuppies Chicken Nuggets w/Roll Chef Salad  Sweet Corn Lima Beans Fresh Pear Sliced Apples	4 Italian Rotini Casserole Cheesy Bites Chef Salad  Caesar Salad Baby Carrots w/Dip Fresh Banana Pineapple	6 Mashed Potatoes w/ Meatloaf or Grilled Chicken Ham & Cheese Croissant Cobb Salad  Green Peas Sliced Cucumbers w/Dip Roll Fresh Orange, Applesauce	7 Chicken Sandwich Sloppy Joe Sandwich Chef Salad  Garden Salad Lettuce, Tomato, Pickle Diced Cantaloupe Fruit Cocktail	<p><b>We offer at least 5 compenents for each lunch meal, students are only required to choose 3 of those. Each student must choose a fruit or a vegetable.</b></p> <p>Fruit and/or Juice also offered daily with Breakfast.</p> <p>Assorted Milk Choices Available Daily for Breakfast and Lunch: 1% White, Skim White, Fat Free Chocolate, Strawberry, and Vanilla</p> <p>-----</p> <p>-----</p> <p>** Contains Pork</p> <p><i>Menu Items subject to change based upon availability.</i></p>
9 Buffalo Bites Red Beans & Rice w/Sausage Chef Salad  Garden Salad Carrot Sticks Dinner Roll Tangerines, Sliced Pears	10 Baked Chicken BBQ Sandwich** Chef Salad  Collard Greens Black eye Peas Cornbread Sliced Peaches Fresh Mixed Fruit	11 Steak & Cheese Tornado Beef Tacos Southwest Salad  Pinto Beans Fresh Bell Pepper & Tomato Fresh Grapes Mandarin Oranges	12 Spaghetti w/Meat sauce Chicken Wrap Caesar Salad w/Chicken  Steamed Broccoli Celery Sticks Applesauce Fresh Cantaloupe	13 Cheeseburger Deli Grab n' Go Chef Salad  Curly Fries Fresh Broccoli Fresh Apples Berry Cups	
16 Baked Penne w/ Meatballs Chicken Parmesan Chef Salad  Celery Sticks Garden Salad Strawberries Mandarin Oranges	17 Chicken Wings Hot Dog w/Chili Chef Salad  Fresh Cucumbers w/Dip Seasoned Fries Dinner Rolls Orange Wedges Slice pears	18 Chopped Pork Roast** Cheeseburger Cobb Salad  Mashed Potato w/gravy Broccoli w/Dip Dinner Roll Sliced Peaches Kiwi Wedges	19 Chicken Fajitas Fish Tacos Chef Salad  Mexican Corn & Black Beans Lettuce, Tomato, Cheese cup Fresh Pears Banana	20 Pizza Choice Fish Sandwich Chef Salad  Baked Okra Carrots w/Dip Diced Cantaloupe Fruit Cocktail	
23 Chicken Chunks n' Waffles Grits and Sausage Chef Salad  Tatter Rounds Celery Sticks Strawberries Fruit Juice	24 "No School Today"	25Mandarin Orange Chicken Sweet & Sour Chicken Chef Salad  Fried Rice Oriental Vegetables Fresh Peppers & tomato Sliced Pineapple Sliced Oranges	26 Salisbury Steak Turkey Roast Chef Salad  Mashed Potatoes Lima Beans Cornbread Apples Sliced Peaches	27Philly Chicken Sandwich Corn Dog Chef Salad  Carrot Sticks Waffle Fries Diced Honeydew Sliced Pears	
30 Hot Dogs w/chili BBQ Sandwich Chef Salad  Baked Beans Steamed Broccoli Fresh Grapes Fruit Cocktail	31 Fish Nuggets w/Hushpuppies Chicken Nuggets w/Roll Chef Salad  Sweet Corn Lima Beans Fresh Pear Sliced Apples				

