



2020

MARCH

Louis M. Klein Middle School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>Special News... More</p> <p>Info Student Lunch</p> <p>Students \$2.50 Adults \$3.91 + Tax Students \$3.50 – Deli or Salad Bar Adults \$4.91 + Tax – Deli and Salad Bar</p> <p>All Lunches Include: Entrée, Bread/Grain, Vegetable, Fruit/Juice (e.g. Fresh, Cup of Fruit or Juice) and Choice of 1% White or Fat-Free White or Chocolate Milk.</p> <p>The Daily Soup* - Freshly Prepared Soup of the Day Served in a Cup or Bowl with Whole Grain Bread. <small>* Available A-La-Carte</small></p> <p>Additional MIDDAY Lunch Options</p> <p>Made to Order Deli Bar - Premium Cold Cuts, Grilled Chicken, Chicken or Egg Salad, Assorted Cheeses and Veggies Served on Fresh Bread.</p> <p>Create Your Own Salad* - Choice of Greens with Assorted Meats, Cheeses and Fresh Vegetables to Create Your Own Masterpiece! <small>*Served with Bread/Grain.</small></p> <p>Pizza Bar - Cheese, Pepperoni and a "Pie of the Day." <small>Menus are subject to change without notice.</small></p>
<p>2 Beef Burrito OR Philly Cheese Steak Twist Fries Black Bean Salsa Sweet Corn Peach Cup Orange Wedges</p>	<p>3 Chicken Tenders OR Meatballs in Marinara over Penne Pasta Garlic Bread Steamed Broccoli Caesar Salad Melon Cup Apple Slices</p>	<p>4 Burger Bar Hamburger, Cheeseburger Or Turkey Burger All the fixings Sautéed Onion, Tomato Baked French Fries Corn on the cob Grape Cup Pineapple Cup</p>	<p>5 Homemade Baked Ziti Garlic Bread OR Grilled Cheese or Grilled Ham & Cheese Sweet Potato Fries Steamed Green Beans Apple Sauce Peach Cup</p>	<p>6 Beef Chili W/ Yellow Rice OR Philly Cheese Steak Garden Salad Tomato Cup Sautéed Broccoli Mixed Fruit Cup Pear Cup</p>	
<p>9 CHICKEN BAR General Tso Chicken Buffalo Chicken Grilled Herb Chicken on a Bun Sweet Potato Fries Garden Salad Apple Sauce Peach Cup</p>	<p>10 Chicken Parmesan Penne Pasta OR Roast Glazed Pork Garlic Bread Mashed Potato Caesar Salad Roast Zucchini Pear Cup Mixed Fruit Cup</p>	<p>11 NACHOS Seasoned Beef, Lettuce, Cheese, Tomato, Sour Cream Or Chicken & Cheese Quesadilla Spicy Black Bean Spanish Rice Fiesta Corn Peach Cup, Chilled Pear</p>	<p>12 Homemade Meatloaf Mashed Potato with Gravy OR Cheese Ravioli with Marinara Sauce Dinner Roll Red Pepper Strips Sautéed Green Beans Melon Cup Apple Slices</p>	<p>13 Chicken & Broccoli Stromboli OR Pepperoni Stromboli Garden Salad Roast Butternut Squash Grape Cup Pineapple Cup</p>	
<p>16 Chicken Tenders Vegetarian Baked Beans With Garlic Bread OR Penne Pasta & with Meat Sauce or Marinara Sweet Peas, Spinach Salad Peach Cup Orange Wedges</p>	<p>17 Meatball Wedge OR Chicken Francaise Herb Rice Roast Broccoli Red Pepper Strips Melon Cup Apple Slices</p>	<p>18 Chicken or Cheese enchilada with Yellow Rice Or Sloppy Joe on a Bun Black Bean salsa Garlic Green Beans Grape Cup Pineapple Cup</p>	<p>19 Pulled Pork Sandwich Baked Potato Puffs OR Macaroni and Cheese Dinner Roll Roasted Butternut Squash Sautéed Zucchini Apple Sauce Peach Cup</p>	<p>20 General To's Chicken OR Chicken Quesadilla Yellow Ricel Roast Broccoli Glazed Carrots Pear Cup Mixed Fruit Cup</p>	
<p>23 GRILL BAR Hamburger Cheeseburger Hot Dog All the Fixings Sweet Potato Fries Garden Salad Homemade Coleslaw Apple Sauce Peach Cup</p>	<p>24 Beef Burrito OR Chicken Quesadilla Fiesta Rice Black Bean Salsa Sweet Corn Pear Cup Mixed Fruit Cup</p>	<p>25 Home Made Beef Lasagna Garlic Bread OR BBQ Chicken on a roll Tossed Salad Roast Brussel Sprouts Peach Cup Chilled Pear</p>	<p>26 Brunch for Lunch Homemade French Toast Or Breakfast Pizza Breakfast Sausage Potato Puffs Grape Tomatoes Melon Cup Apple Slices Fruit Juice</p>	<p>27 Calzone Bar Buffalo Chicken Calzone OR Pepperoni Calzone Red Pepper Strips Sautéed Green Beans Grape Cup Pineapple Cup</p>	
<p>30 NACHOS Seasoned Beef, Lettuce, Cheese, Tomato, Sour Cream Or Cheese Quesadilla Black Bean Salsa Fiesta Rice Sweet Corn Peach Cup Orange Wedges</p>	<p>31 Chicken Parmesan on a Roll OR Macaroni & Cheese Bread Stick Caesar Salad Red Pepper Cup Melon Cup Apple Slices</p>				

Louis M. Klein Middle School – Lunch Menu – March, 2020

Regardless of portion size, the FSMC is responsible for meeting all requirements under the Final Rule Nutrition Standards in the National School Lunch and School Breakfast Programs. This includes min-max calories, saturated fat and sodium along with specific component offerings for all fruits, vegetables, grains, meat/meat alternates and milk.
This institution is an equal opportunity provider and employer.

