

March 2022

Lunch includes entrée listed below, fruit, milk, and vegetable

All grains are at least 50% whole Grain. Students Must take ½ cup fruit and/or vegetables with meal. Milk Choice Include Skim, 1% and Skim Chocolate. Menu subject to change without notice, due to price and availability.

Local Harvest of the Month is GRAINS

	Monday	Tuesday	Wednesday	Thursday	Friday	
BREAKFAST: Free to All Students 21-22 School Year Adult: \$2.00	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Grilled Ham 'n' Cheese w/ Fruit and Milk	Breakfast Burrito Fruit and Milk	Biscuits and Gravy Fruit and Milk	Muffin w/ String Cheese, Fruit, Milk	
	Available Daily: Assorted Whole Grain Cereals, Oatmeal, UBR Bar, String Cheese, Milk, Orange Juice and Canned and Fresh Seasonal Fruit, Breakfast comes with Choice of Protein, Choice of Grain, Choice of Fruit and Milk					
LUNCH: Free to All Students for the 21-22 School Year Adult: \$3.50 Now Local: Beef, Lentils, Squash, Carrots, Some Breads and Flour And more!	PLEASE JOIN US FOR BREAKFAST OR LUNCH! For Free Lunch Eligibility Call 751-3443, Menu Questions 751-3646					
		1 Pizza, Hoagies or PBJ w/ Fruit, Veg and Milk	2 Cheeseburger, Hoagies or PBJ	3 Pizza or Hoagies or PBJ Fruit, Veg and Milk	4 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk	
	7 Beef Nachos, Chicken Patty, Hoagie or PBJ Fruit, Veg, Milk	8 Pizza or Hoagie or PBJ Fruit, Veg, Milk	9 Cheeseburger on WG Bun or Hoagie or PBJ Fruit, Veg, Milk	10 Pizza, Hoagies or PBJ, Fruit, Veg and Milk	11 Corn Dog, Hoagie or PBJ Fruit, Veg, Milk	
	14 Salisbury Steak w/ Mashed Potatoes/Gravy Chicken Patty or Hoagie or PBJ, Fruit, Veg and Milk	15 Pizza or Hoagie or PBJ Fruit, Veg, Milk	16 Cheeseburger on WG Bun or Hoagie or PBJ Fruit, Veg, Milk	17 Pizza, Hoagie or PBJ Fruit, Veg and Milk	18 Hot Ham and Cheese Sandwich, Hoagie or PBJ Fruit, Veg, Milk	
	21 -----	22 SPRING BREAK-----	23 -----	24 -----	25 -----	
	28 Chicken Patty on WG Bun or Spaghetti w/ Meat Sauce, Dinner Roll, Hoagie, PBJ Fruit, Veg, Milk	29 Pizza or Hoagie or PBJ Fruit, Veg, Milk	30 Cheeseburger on WG Bun or Hoagie or PBJ Fruit, Veg, Milk	31 Pizza, Hoagie or PBJ Fruit, Veg and Milk		
	Student Meal Includes: 1 cup milk, 1-2 oz. meat, 1-2 oz. grain, 3/4 cup veggie and 1/2 cup fruit, 600-700 calories					
	GRILL MENU	Grilled or Breaded Chicken Patty on WG Bun	Pizza	MT Beef Burgers On WG Bun	Pizza	MT Beef Burgers
	SANDWICH &	Caesar Salad w/ Chicken	Egg Salad	Ham or Turkey Hoagie w/ Cheese	Tuna Salad Sandwich on WG Bread	Pasta Salad w/ Ham or Salami, Dinner Roll

SALADS*	Available Daily: Assorted Deli Sandwiches, PB&J, Chef Salad Unlimited Fruit and Veggies				
FRUIT Selection	Apples, Oranges, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Fresh Berries or Grapes, Apples, Dried Mixed Fruit	Bananas, Oranges, or Seasonal Fruit, Dried Mixed Fruit	Apples, Oranges, Dried Mixed Fruit

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