



March

Monongalia County Schools



2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Mac & Cheese Feb. 27 Spin.Salad; Fruit Cocktail Fruit Bar Milk – 8 oz Serving	Deep Dish Pizza 28 Steamed Broccoli & Cali Apple Crisp Milk – 8 oz Serving	Grilled Cheese MAR. 1 Tomato Soup; Plum Br. Sprouts w/ Bacon Milk – 8 oz Serving	Chicken & Waffles 2 Potato Smiles Cole Slaw, Apple Slices Milk – 8 oz Serving	Taco Pasta Bake 3 Tortilla Chips ; Salsa Black Beans; Grapes Milk – 8 oz Serving	4
5	BBQ Chicken 6 Corn Bread; Fresh Pear AuGratin Potatoes; Carrots Milk – 8 oz Serving	Calzone 7 Broccoli; Ranch Cup Veg. Juice Box; Applesauce Milk – 8 oz Serving	Lasagna Roll 8 Breadstick; Cantaloupe Garden Salad w/ Dressing Milk – 8 oz Serving	Country Fried Steak 9 Mashed Pot. w/ gravy; Roll Pinto Beans; Pine. Slice Milk – 8 oz Serving	Fish Sticks 10 Peas; Cuc. slices; Goldfish; Orange Slices Milk – 8 oz Serving	11
12	13 No School	14 No School	Sloppy Joe 15 Baked Potato; Carrots w/ Ranch; Grapes Milk – 8 oz Serving	Ham w/ Baked Roll 16 Mashed Pot. Strawberries Green Beans Milk – 8 oz Serving	Chicken Sandwich 17 Roasted Pot.; Sherbet Baked Beans; Fruit Cocktail Milk – 8 oz Serving 	18
19	Orange Chicken 20 Fried Rice; Stir Fry Mand. Oranges Milk – 8 oz Serving	Breakfast 4 Lunch 21 Egg/Cheese Bagel; Peppers; Hash Brown; Fresh Apple Milk – 8 oz Serving	Chick. Bacon Ranch Sub 22 Juice Box; Cookies Broccoli and Carrots Milk – 8 oz Serving	School Baked Pizza 23 Kale Salad w/ Dressing Apple Slices w/ Dip Milk – 8 oz Serving	Hot Dog 24 Tater Tots; Peach Cup Celery w/ Ranch Cup Milk – 8 oz Serving	25
26	Grilled Chicken Burrito 27 Black Beans; Applesauce Tortilla Chips & Salsa Milk – 8 oz Serving	Hamburger 28 Cheese; Lettuce; Tomato Crinkle Fries; Slushie Cup Milk – 8 oz Serving	Salisbury Steak 29 Mashed Pot. ; Fruit Cup Green Beans; Baked Roll Milk – 8 oz Serving	Popcorn Chicken 30 Cali Blend; Pears; Choc. Chex Mix Milk – 8 oz Serving	Rotini Pasta & Sauce 31 Garden Salad w/ Dressing Pineapple Chunks; Garlic Bread Stick Milk – 8 oz Serving	 <p>FREE SCHOOL MEALS</p>

Submit Free/Reduced Applications and PAST DUE meal payments by credit card/debit card at: <https://www.schoolcafe.com> * All Menu Items are subject to change due to availability.