



Mid-Peninsula High School

Wednesday lunch includes a house cookie. Lunch includes water. \$8.95

			Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Lunch Menu			Free Range Crispy Chicken Tenders Mashed Potatoes & Seasonal Vegetables	Free Range Chicken Tinga, Rice & Beans	Hawaiian Pizza
Lunch Menu (Veg)			Crispy Organic Eggplant, Mashed Potatoes & Seasonal Vegetables	Organic Cauliflower Tinga, Rice & Beans	Cheese Pizza
Salad/Sandwich			Turkey & Cheddar Sandwich with Pesto Aoli & House Chips	Grilled Portobello Sandwich with Garlic Aoli & House Chips	Classic Caesar Salad with Dinner Roll
	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Lunch Menu	Free Range BBQ Chicken, Mashed Potatoes & Seasonal Vegetables	Free Range Chicken Chow Mein	Free Range Chicken Pasta Alfredo & Garlic Bread	Grass Fed Cheeseburger with House Chips	Pepperoni Pizza
Lunch Menu (Veg)	BBQ Tofu, Mashed Potatoes & Seasonal Vegetables	Organic Vegetable Chow Mein	Organic Vegetable Pasta Alfredo & Garlic Bread	Grilled Veggie Burger with House Chips	Cheese Pizza
Salad/Sandwich	Roast Beef & Cheese Sandwich with Garlic Aoli & House Chips	Ham & Cheese Sandwich with Mustard & House Chips	Turkey Cobb Salad with Ranch Dressing & Dinner Roll	Free Range Roasted Chicken Wrap with Sundried Tomato Aoli	Classic Caesar Salad with Dinner Roll
	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Lunch Menu	Free Range Chicken Piccata, Steamed Rice & Season Vegetables	Grilled Carne Asada Burrito	Student/Family/Teacher Conferences		
Lunch Menu (Veg)	Tofu Piccata, Steamed Rice & Seasonal Vegetables	Roasted Organic Vegetable Burrito			
Salad/Sandwich	Philly Cheesesteak Wrap with Herbed Mayonnaise & Pasta Salad	Turkey Club Sandwich with Garlic Aoli with House Chips			
	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Lunch Menu	Slow Roasted Rosemary Chicken, Mashed Potatoes & Seasonal Vegetables	Free Range Orange Chicken, Steamed Rice & Seasonal Vegetables	Niman Ranch Beef Pasta Bolognese with Garlic Bread	Grass Fed Beef Broccoli, Steamed Rice & Seasonal Vegetables	Meat Lovers Pizza
Lunch Menu (Veg)	Roasted Rosemary Portobello Mushroom, Mashed Potatoes & Seasonal Vegetables	Orange Tofu, Steamed Rice & Seasonal Vegetables	Vegetable Pasta Primavera with Garlic Bread	Tofu Broccoli, Steamed Rice & Seasonal Vegetables	Cheese Pizza
Salad/Sandwich	Roasted Turkey & Provolone Sandwich with Herbed Mayonnaise & House Chips	Lemon Pepper Chicken Wrap with Peppercorn Aoli & Pasta Salad	Asian Chicken Salad with Asian Vinaigrette & Dinner Roll	Buffalo Chicken Sandwich with Ranch Dressing & House Chips	Classic Caesar Salad with Dinner Roll
	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Lunch Menu	Sow Roasted Herbed Chicken, Rice & Seasonal Vegetables	Free Range Chicken Marsala, Mashed Potatoes & Seasonal Vegetables	Grass Fed Beef Fajitas, Rice & Beans	Grilled Flank Steak with Chimichurri, Roasted Potatoes & Seasonal Vegetables	Free Range Chicken Pasta Primavera & Garlic Bread
Lunch Menu (Veg)	Herb Roasted Tofu, Rice & Seasonal Vegetables	Tofu Marsala, Mashed Potatoes & Seasonal Vegetables	Tofu Fajitas, Rice & Beans	Grilled Cauliflower Steak with Chimichurri, Roasted Potatoes & Seasonal Vegetables	Organic Broccoli Primavera with Garlic Bread
Salad/Sandwich	Mediterranean Salad with Lemon Vinaigrette & Dinner Roll	BLTA Sandwich with Herbed Mayonnaise & House Chips	BBQ Steak Wrap with Horseradish Aoli & Pasta Salad	Tuscan Chicken Salad with Sundried Tomato Vinaigrette & Dinner Roll	Chicken & Pesto Sandwich with House Chips