

March 2023

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: Students: \$1.75 Reduced: .30 Adult: \$2.00	Whole Grain Cereal OR Oatmeal with Choose Your Own Toppings Fruit and Milk	Grilled Ham 'n' Cheese w/ Fruit and Milk	Benefit Bar, Fruit and Milk	Pancakes/Yogurt 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: Students: \$3.00 Reduced: .40 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 751-3400 ext 3443, Menu Questions 751-3400 ext 3646				
			1 CHEESEBURGER AND BAKED CHIPS EARLY OUT	2 HOT HAM AND CHEESE SANDWICH W/ BAKED CHIPS	3 BOSCOS W/ MARINARA
	6 SLOPPY JOES ON WG BUN	7 BURRITO W/ SALSA AND SOUR CREAM	8 CHEESEBURGERW / BAKED CHIPS EARLY OUT	9 SACK LUNCHES	10 SACK LUNCHES
	13 SLOPPY JOE ON WG BUN	14 CHICKEN SPAGHETTI W/ DINNER ROLL	15 CHEESEBURGER AND BAKED CHIPS EARLY OUT	16 HOT HAM AND CHEESE W/ BAKED CHIPS	17 BOSCOS W/ MARINARA
	20 SLOPPY JOES ON WG BUN	21 BURRITO W/ SALSA AND SOUR CREAM	22 CHEESEBURGER AND BAKED CHIPS EARLY OUT	23 HOT HAM AND CHEESE W/ BAKED CHIPS	24 CORN DOGS W/ BAKED BEANS
	27 NO SCHOOL	28 NO SCHOOL	29 NO SCHOOL	30 NO SCHOOL	31 NO SCHOOL
	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					
SANDWICH & SALADS*					

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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