






Fort Worth ISD Middle School Lunch 6-8th March 2025

Monday Tuesday Wednesday Thursday Friday

3 Chicken and Waffle Popcorn Chicken Salad with Garlic Breadstick French Fries Fresh Broccoli 	4 Cheddar Cheese Nachos with Spanish Rice Chicken Alfredo with Garlic Breadstick Yogurt and Cheese Plate with Baked Pretzel Pinto Beans Steamed Carrots	5 Chicken Shawarma Flatbread Breaded Beef Fingers with Dinner Roll Popcorn Chicken Salad with Breadstick Mashed Potatoes with Gravy Corn Strawberry Milk  	6 Toasted Waffle with Sausage Chicken Fajita Nachos with Spanish Rice Turkey/Cheese Sandwich Green Beans Peas and Carrots 	7 Fish Sticks with Roll Chicken Meatball Sub Popcorn Chicken Salad with Garlic Breadstick French Fries Fresh Spinach Salad 
--	--	---	---	--

10 Meatball Flatbread Chicken Fajita Nachos with Spanish Rice Chili Cheese Tamale with Spanish Rice Yogurt and Cheese Plate with Baked Pretzel Roasted Zucchini Fresh Baby Carrots 	11 Southwest Baked Potato with Garlic Breadstick Chicken Nuggets with Roll Chicken Corn Dog Chicken Cobb Salad with Baked Pretzel Mashed Potatoes Fresh Baby Carrots	12 Cheddar Cheese Nachos with Spanish Rice Grilled Cheese Sandwich Turkey/Cheese Sandwich Black Beans Fresh Cherry Tomatoes Strawberry Milk 	13 Chicken Dumplings with Fried Rice Spicy Popcorn Chicken with Dinner Roll Chili Cheese Dog Popcorn Chicken Salad with Garlic Breadstick Roasted Broccoli Peas and Carrots	14 Baja Fish Tacos with Creamy Coleslaw Hot Dog with Baked Lays Beef Tamales with Cheese Sauce and Spanish Rice Powder Sugar Dusted French Toast Sticks with Sausage Yogurt and Cheese Plate with Baked Pretzel Tater Tots Celery Sticks   
---	---	--	---	---



Spring Break

24 <div style="text-align: center; padding: 10px;"> No School!  </div>	25 Chicken Quesadilla with Spanish Rice Popcorn Chicken Salad with Garlic Breadstick Pinto Beans Roasted Broccoli Fresh Baby Carrots	26 Chicken Alfredo with Spinach and Garlic Breadstick Macaroni and Cheese with Garlic Breadstick Chicken Corn Dog Chicken Cobb Salad with Baked Pretzel French Fries Celery Sticks Strawberry Milk  	27 Cheddar Cheese Nachos with Spanish Rice Spaghetti and Meat Sauce with Garlic Breadstick Turkey/Cheese Sandwich Roasted Zucchini Glazed Carrots	28 Fish Sticks with Roll Chicken Potato Bowl with Breadstick Popcorn Chicken with Roll Grilled Cheese Sandwich Chicken Cobb Salad with Baked Pretzel Mashed Potatoes Roasted Broccoli 
---	--	--	---	--

31 Chicken Quesadilla with Spanish Rice Chicken Fried Rice Turkey/Cheese Sandwich Pinto Beans Fresh Cucumbers	Selections Vary Daily: Hamburger, Cheeseburger, Chicken Sandwich, Spicy Chicken Sandwich, Cheese Pizza, Pepperoni Pizza, Meatlover's Pizza, Seasonal Fresh or Canned Fruit, Assorted Milk			
--	---	--	--	--



**WOMEN'S
HISTORY
MONTH**

This Month








NATIONAL
NUTRITION
MONTH [®]



