

Shelter Rock Lunch Menu March 2025

Meal Price:

Paid: \$3.00

Adult Lunch Meal: \$5.03+tax

More Info...

Daily Milk Offerings: 1% White, Fat Free White, Fat Free Chocolate (all antibiotic & hormone free)

Daily Fruit Offerings: Apple, Orange, Banana, 100% Apple Juice or 100% Fruit Punch

Daily Vegetable Offerings: Baby Carrots & Side Garden Salad

Available Daily:

- Sunflower Seed Butter w/ Jelly Sandwich on WG Bread **V**
- Bagel Meal: Fresh NY-Style Bagel w/ 2 cheese stick **V**
- Fruit and Yogurt with Granola **V**
- Turkey and Cheese on WG Bread or Wrap
- Ham & Cheese on WG Bread or Wrap **P**

Please Note: (WG) denotes whole grain, (P) denotes item may contain pork, **V** denotes Vegetarian option, (*)

All deli sandwiches made with Boar's Head meats

Grades K-12 are offer vs serve and must choose at least 3, up to 5, of the below mentioned items. One of the choices must be a fruit or vegetable.

-Meat/Meat Alternate

-Vegetable

-Whole Grain Item

-Fruit

-Milk

Return of Pretzel Thursday's 1.25 must have funded account.

3

Grilled Cheese
Tomato Soup
Garden Salad
Potato Wedges
Apple
Grapes

4

Pork Carnitas with
Corn Chips
Black Beans
Corn
Orange
Kiwi Halves
**Make your own
Salad Bar**

5

Pasta with Meat
Sauce
Garlic Bread
Garden Salad
Sauteed Green Beans
Peach Cup
Melon Cup

6

BBQ Chicken Sliders
Homemade Cole Slaw
Cucumber Coins
Fruit Cocktail
Banana
Pretzel 1.25

7

Cheese Pizza
Pepperoni (P) Pizza
Tomato Salad
Garbanzo Beans
Apple Slices
Grapes

10

Brunch For Lunch
French Toast with
Syrup
Chicken Sausage Patties
Tater Tot
Cucumber Coins
Apple/Orange

11

Mac & Cheese
Dinner Roll
Steamed Spinach
Red Pepper Strips
Banana
Orange
**Make your own Yogurt
Bar**

12

Chicken Nuggets
Mashed Potato
WG Roll
Oven Roasted Zucchini
Grapes
Peach Cup

13

Chicken Broccoli Alfredo
Oven Roasted Zucchini
Celery Sticks
Berry Cup
Cantaloupe
Pretzel 1.25

14

Cheese Pizza
Pepperoni (P) Pizza
Tomato Salad
Garbanzo Beans
Apple Slices
Grapes

17

Nacho Tater Tot
*Beef Taco Meat, Shredded
Cheese, Salsa, Sour Cream*
Black Beans
Corn
Orange
Apple

18

Pasta with Meatballs
Marinara Sauce
Garlic Bread
Garden Salad
Sauteed Green Beans
Peach Cup
Melon Cup
Make your own Salad Bar

19

Chicken or 3- Cheese
Quesadilla
Cucumber Coins
Red Pepper Strips
Fruit Cocktail
Kiwi Halves

20

Chicken Gyro
Tzatziki Sc.
Greek Salad
Steamed Spinach
Melon Cup
Grapes
Pretzel 1.25

21

Cheese Pizza
Pepperoni (P) Pizza
Tomato Salad
Garbanzo Beans
Apple Slices
Banana

24

Brunch For Lunch
Belgium Waffle with warm
fruit compote
Chicken Sausage Patties
Tater Tot
Cucumber Coins
Apple/Orange

25

Chicken Tender
Mashed Potato
WG Roll
Oven Roasted Zucchini
Grapes
Peach Cup
**Make your own Yogurt
Bar**

26

Baked Ziti with Meat
sauce
Garlic Bread
Garden Salad
Steamed Spinach
Orange
Banana

27

**Opening Day for Baseball
Burgers Bar**
Beef, Turkey or Veggie
With all the fixin's
French Fries
Carrot Sticks with Dip
Orange/Apple
Pretzel 1.25

28

Cheese Pizza
Pepperoni (P) Pizza
Tomato Salad
Garbanzo Beans
Apple Slices
Orange

31

Cheese Ravioli
With Marinara Sauce
French Bread
Oven Roasted Broccoli
Ceaser Salad
Pear
Fruit Cocktail

