

| <b>MARCH</b> | 2018: | High | <b>School</b> | Lunch | Menu |
|--------------|-------|------|---------------|-------|------|
|              |       |      |               |       |      |

|   | WARCH 2016                                  |                                   |  |  |
|---|---|-----------------------------------|--|--|
| Monday  | Tuesday                                     | Wednesday                         | Thursday   | Friday                                   |
| CHICKEN DELIGHTS  | BURGER BASH                                 | CULINARY                          | NEW YORK   | PIZZA PARTY                              |
|   |   |                                   | New York Thursday 1                                | 2  |
|   |   |                                   | Jamaican Patty                                     | Classic Cheese Pizza                     |
| SE ON   |   |                                   | Mozzarella Sticks<br>Marinara Sauce                | Extra Zesty Pizza                        |
|   |   |                                   | Mailiaia Sauce                                     | Garlic Knot                              |
| *   |   |                                   | Onion Rings<br>Cucumber Salad                      | 0 . 0                                    |
| VEW 1   |   |                                   | Cucumber Salad                                     | Spicy Chicken Sandwich                   |
|   |   |                                   | New York Hot Pretzel                               | Chick Pea Salad                          |
| EVERY THURSDAY WE'RE PROUDLY CELEBRATING                    |   |                                   | Salad Bar  | Salad Bar                                |
| LOCALLY SOURCED &   |   |                                   | Celery & Apple Salad<br>Fresh New York Apples      | Roasted Broccoli  & Cauliflower Salad    |
| PRODUCED FOOD   |   |                                   |  | a caumonor carac                         |
| Brunch for Lunch 5  | 6   | 7                                 |  | HS Half Day 9                            |
| <u>Brunch</u><br>Crispy Chicken                             | 100% Beef Hamburger<br>& Cheeseburger       | Baked Penne                       | Steamed Chicken Dumplings with Asian Dipping Sauce | Classic Cheese Pizza                     |
| Waffle Sandwich   | & Cheeseburger                              | Turkey Sausage                    | with Asian Dipping Sauce                           | Ranch Chicken Pizza                      |
| served with syrup   | Southwest Fish & Cheese                     | Onion & Peppers                   | Vegetable Fried Rice                               | with Popcorn Chicken                     |
| Gyro on a Pita  | Sandwich Served with Lettuce                | served on a Hero                  | Mozzarella Sticks                                  | Garlic Knot                              |
| with Tzatziki Sauce   | Tomato & New York Onion                     | Roasted Carrots                   | Marinara Sauce                                     | Carno Miot                               |
| Mar N.C.  | Franch Frie                                 | Roasted Zucchini                  | Vegetable Fun B. II                                | Kale Caesar Salad                        |
| Mac-N-Cheese<br>Home Fries                                  | French Fries                                | Dinner Roll                       | Vegetable Egg Roll with Duck Sauce                 | White Bean Salad                         |
|   |   |                                   | New York Cookie Treat                              | Salad Bar                                |
| Frito-Lay ® SunChips ®                                      | <u>Salad Bar</u><br>Greek Zucchini Salad    | Spinach & Cranberry Salad         | Salad Bar  | Fresh Marinated Vegetable Salad          |
| <u>Salad Bar</u><br>Green Garden Salad                      | Greek Zucchilli Salau                       | Spiriach & Chamberry Salau        | Asian Slaw Fresh New York Apples                   | vegetable Salau                          |
| 12  | 13  | 14                                | New York Thursday 15                               | 16                                       |
| Popcorn Chicken   | 100% Beef Hamburgers &                      | Steak & Cheese                    | Cubano Panini                                      | Classic Cheese Pizza                     |
| Dipping Sauce Cup   | Cheeseburgers                               | Empanada                          |  | M (I D                                   |
| Sriracha Chicken Sliders                                    | Turkey Cheeseburger                         | Fish Burrito                      | Mozzarella Sticks Marinara Sauce                   | Meat Lovers Pizza Bacon & Sausage        |
| With  | Burgers served with Lettuce,                |                                   |  | •  |
| Mac-N-Cheese  | Tomato & New York Onion                     | Seasoned Wedge Fries              | French Fries<br>Healthy Cole Slaw                  | Teriyaki Chicken Sliders                 |
| Stewed Pinto Beans  | "Sweet-N-Spicy"                             |                                   | _  | Green Garden Salad                       |
| Calad Day   | Sweet Potato Waffle Fries                   | Baked! Tostitos® Scoops®          | New York Cookie Treat<br>Salad Bar                 | Salad Bar                                |
| Salad Bar<br>Broccoli and Cranberry Salad                   | Salad Bar                                   | Salad Bar                         | Kale Salad   | Italian Marinated                        |
| ·   | Fresh Cilantro Slaw                         | Confetti Corn Salad               | New York Apple Slices                              | Cucumber Salad                           |
|   |   |                                   |  |  |
| 19  | 20  | 21                                | New York Burger & Fries 22                         | 23                                       |
| Popcorn Chicken Dipping Sauce Cup                           | Jamaican Beef Patty                         | Cheesy Bread<br>Marinara Sauce    | 100% Beef New York Cheeseburgers                   | Classic Cheese Pizza                     |
| With  | Mozzarella Sticks                           | Maillaia Sauce                    | Served on Ciabatta Bread                           | Extra Zesty Pizza                        |
| Mac-N-Cheese  | Marinara Sauce                              | Sriracha Chicken Sliders          | with Lettuce Tomato &                              |  |
| Garlic Toast  | Superhero Spinach                           | Roasted Zucchini                  | New York Onion                                     | Spicy Chicken Sandwich                   |
|   |   |                                   | New York French Fries                              | Garlic Knot                              |
| Cheese Steak<br>on a New York Hero                          | Onion Rings                                 | Frito-Lay ® SunChips ®            | New York Cookie Treat                              | Chick Pea Salad                          |
| on a new Tork nero  | Salad Bar                                   | Thio Lay & Junompo &              | non ronk gooms from                                | Omok i da dalaa                          |
| Sweet Potato Wedge Fries<br>Salad Bar                       | Caesar Salad                                | Salad Bar<br>Carrot & Lemon Salad | Salad Bar<br>Celery & Apple Salad                  | <u>Salad Bar</u><br>Roasted Broccoli     |
| Italian Classico Salad                                      |   | Carrot & Lerrion Salau            | New York Apple Slices                              | & Cauliflower Salad                      |
| Brunch for Lunch 26   | 27  | Fiesta Rice Bowl 28               |  | Spring Recess 30                         |
| Brunch  | 100% Beef Hamburger                         | Fiesta Rice Bowl                  | Steamed Chicken Dumplings                          | Classic Cheese Pizza                     |
| Crispy Chicken  | & Cheeseburger                              | with <b>Taco Meat</b>             | with Asian Dipping Sauce                           |  |
| Waffle Sandwich served with syrup                           | Southwest Fish & Cheese                     | Turkey Sausage                    | Mozzarella Sticks                                  | Ranch Chicken Pizza with Popcorn Chicken |
|   | Sandwich                                    | Onion & Peppers                   | Marinara Sauce                                     |  |
| <b>Gyro</b> on a <b>Pita</b><br>with Tzatziki Sauce         | Served with Lettuce Tomato & New York Onion | On a Hero                         | Vegetable Egg Roll                                 | Garlic Knot                              |
| WILLI TZALZIKI SAUCE  | TOTALO & NEW TOTA OTHOR                     | Hot Confetti Corn                 | Cucumber Salad                                     | Kale Caesar Salad                        |
| Mac-N-Cheese  | Sweet Potato Wedge Fries                    | Mexicali Beans                    | Now Yearle Co. 11 =                                | Oala J.D.                                |
| Home Fries  | Salad Bar                                   | Baked! Tostitos® Scoops®          | New York Cookie Treat<br>Salad Bar                 | <u>Salad Bar</u><br>Fresh Marinated      |
| Salad Bar   | Greek Zucchini Salad                        | Salad Bar                         | Asian Slaw   | Vegetable Salad                          |
| Green Garden Salad  |   | Spinach & Cranberry Salad         | Fresh New York Apples                              |  |
|   |   | OFFERED DAILY                     |  |  |
| Entree Alternatives   | <u>Milk</u>                                 |                                   | <u>Dressings</u>                                   | Flavor Station                           |
| <ul><li>PB&amp;J Sandwich</li><li>Cheese Sandwich</li></ul> | 1% Low-fat<br>Fat Free                      | Freeh Fruit                       | Chipotle Ranch Balsamic Vinaigrette                | Granulated Garlic                        |
| Assorted Deli Sandwiches                                    | Fat Free Chocolate                          | <u>Fresh Fruit</u>                | Ranch  | Red Pepper Flakes                        |

- Assorted Deli SandwichesGrab and Go Salads
- Hummus Grab & Go

**Fat Free Chocolate** 

<u>Dipping Sauce Cups</u> BBQ, Ranch, Honey Mustard

No Artificial flavors, colors, or sweeteners in all SchoolFood Products

Ranch Asian Sesame Honey Mustard Caesar French Italian Vinaigrette Red Pepper Flakes Parmesan Cheese

High School Lunch Menu





