

# March 2019

## JR HIGH SCHOOL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>CRISPY CHICKEN SANDWICH</b> <b>CHEESEBUGER</b> Sweet Potato Fries Burger Salad Chilled Tropical Fruit Ketchup/Mayo/Mustard
4 <b>Baked Chicken</b> <b>Salisbury Steak</b> Home-style Mashed Potatoes Southern Style Turnip Greens Chilled Mixed Fruit Corn Bread Sugar Cookie	5 <b>Cajun Red Beans &amp; Rice w/ Sausage</b> <b>Chicken &amp; Sausage Gumbo w/ Rice</b> Creole Green Beans Carrot Sticks 100% Fruit Slush Cup Crackers	6 <b>Restaurant Style Pizza</b> <b>Pepperoni/Cheese/Hamburger</b> <b>Grilled Cheese Sandwich</b> Tomato Vegetable Soup Seasoned Corn Fruit of The Month/Chilled Mandarin	7 <b>Chicken Fajita Nachos</b> <b>Smothered Burrito</b> Spanish Rice Santa Fe Blend Veggies Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno/Salsa	8 <b>Patty Melt</b> <b>Crispy Fish Nuggets w/ Roll</b> Crispy French Fries Seasoned Pinto Beans Burger Salad Strawberry Fruited Jello
<b>Spring Break!</b>				
18 <b>Texas Country Bowl</b> <b>Country Steak Fingers</b> Mashed Potatoes Steamed Corn Rosy Applesauce WG Rolls/Cream Gravy	19 <b>Creamy Chicken Alfredo</b> <b>Spaghetti W/Zest Meat Sauce</b> Italian Green Beans Glazed Carrots 100% Fruit Slush Cup	20 <b>Personal Pan Pizza</b> <b>Pepperoni/Cheese</b> <b>WQS Bistro</b> <b>½ Sandwich-Small Chef Salad-WG Chips</b> Broccoli & Cheese Soup-Small Chef Salad- Garlic Bread Stick Corn On Cobb Fruit of The Month/Chilled Mixed Fruit Cinnamon Roll	21 <b>Chicken Cantina Bowl</b> <b>Crispy Beef Tacos (2)</b> Spanish Rice/Charro Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno /Salsa / Shredded Cheese	22 <b>Jalapeno Popper Chicken Sandwich</b> <b>Crunchy Fish Sandwich</b> Sweet Potato Fries Burger Salad Chilled Tropical Fruit Ketchup/Mayo/Mustard
25 <b>Cheesy Chicken &amp; Rice</b> <b>BBQ Meatballs W/Steamed Rice</b> California Blend Vegetables Chilled Peaches WG Rolls Chocolate Chip Cookie	26 <b>Asian Sweet-N-Sour Chicken</b> <b>W/ Fried Rice</b> <b>Chicken Fried Rice</b> Stir-Fry Cabbage 100% Fruit Slush Cup WG Rolls	27 <b>Restaurant Style Pizza</b> <b>Pepperoni/Cheese/Hamburger</b> <b>Baked Potato Bar</b> Diced Ham/ Cheesy Chicken Seasoned Corn Beef Vegetable Soup Green Onions/Shredded Cheese Fruit of The Month/Blushing Pears	28 <b>Cheesy Chicken Quesadilla</b> <b>Tamale Pie</b> Refried Beans Lettuce & Tomato Salad 100% Fruit Slush Cup Jalapeno/Salsa	29 <b>Chicken &amp; Waffles</b> <b>Crispy Fish Nuggets W/ Roll</b> Hash Browns Veggie Cup Rosy Applesauce Syrup

**BASKETS**  
**Salad**  
**Grab n Go**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Chicken Nuggets</b> <b>W/ Roll</b> Ketchup	<b>Chicken Strip Sandwich</b> Seasoned Fries Mayo, Mustard, Ketchup	<b>Turkey Sandwich</b> Deli Salad Baked Chips Mayo, Mustard, Ketchup	<b>Corn Dog</b> Baked Chips Ketchup, Mayo, Mustard	<b>Mac Rib Sandwich</b> Fries Mayo, Mustard, Ketchup
<b>Yogurt and Cheese Plate</b>	<b>Ham Chef Salad</b>	<b>Ham &amp; Cheese Protein Pack</b>	<b>Frito's Loco Beef Taco Salad</b>	<b>Chef Salad w/Tuna</b>

### Offered Daily

- Cheese Sandwich
- Seasonal- Fresh Fruit
- 1% White Or Fat Free Flavored Milk
- Romaine Garden Salad
- Buttermilk Ranch Dressing