



MEAL PRICING:

Lunch Full Price	\$3.60
Reduced Lunch Price	\$.00
Milk Only	\$.50

LUNCH Menu

March 2023

WEEK	MONDAY	TUESDAY	WED.	THURSDAY	FRIDAY
1			Texas Straw Hats	Burger Bar With Fries	<u>Pizza</u> Caesar salad
2	Teriyaki Chicken and Rice	Baked Potato and Roll	Nachos Refried Beans	Pulled Pork Sandwich With tots	<u>Pizza</u> Caesar salad
3	Chicken Alfredo with Garlic Bread	Beef Taco with Refried Beans	Swedish Meatball and Mashed Potatoes with Roll	Chicken Strips with Gravy and Potato Wedges	<u>Pizza</u> Caesar salad
4	Fajita Bar and Cilantro Lime Rice	Meatball Subs and Chips	Mac and Cheese with sliced Ham	Hot Dog and Tots	<u>Pizza</u> Caesar salad
5	Sweet and Sour Meatballs and Rice	Corn Dogs	Cheese Sticks w. Marinara	Mini Calzone and Chips	<u>Pizza</u> Caesar salad

OTHER DAILY SELECTIONS:

ENTREES

- \$ Pizza
- Hamburger
- Cheeseburger
- Chicken Burger
- Salads
- Sandwiches
- Parfaits

SNACKS

We offer a variety of a la carte snack items in our cafeteria

DRINKS

Breakfast Each Day may include a variety of items:

Variety of Cereal, Pancake on a Stick, Sausage Muffin, Mini Pancakes, French Toast, Whole Grain Long Johns, and a variety of fruit juice, Milk, Yogurt and Whole

fruit. This institution is an equal opportunity provider. All Meals come with Salad Bar that includes a variety of fresh fruit and vegetables.

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
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28	29	30	31			

S	M	T	W	T	F	S
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S	M	T	W	T	F	S
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23/30	24/31	25	26	27	28	29

S	M	T	W	T	F	S
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27	28	29	30			

S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

1. NHANES 2011-12

2. USDA. MyPlate.gov. <http://www.myplate.gov>.