March is National Nutrition Month

Eat Right!

2024 March

Secondary Lunch Menu

1
Beef or Fish Tacos
Beans & rice

Fruit & Vegetable

4
French Toast Sticks
Hash browns
Sausage

Fruit & Vegetable
Milk & Juice

5
Hamburger Bar
Sweet Potato Fries

Fruit & Vegetable
Milk & Juice

6
Chicken Parmesan Hoagie
Caesar Salad

Fruit & Vegetable
Milk & Juice

7
Pittsburgh Chicken Salad
French Fries

Fruit & Vegetable
Milk & Juice

8
Cheese Ravioli or fish Sticks
Broccoli

Fruit & Vegetable
Milk & Juice

11
TACO DAY

Fruit & Vegetable
Milk & Juice

12
Chicken & Waffles
Carrots

Fruit & Vegetable
Milk & Juice

13
Pulled Pork BBQ
Pretzel Bun
Tater tots

Fruit & Vegetable
Milk & Juice

14
Boneless Wings
French fries

Fruit & Vegetable
Milk & Juice

15
Fish Sticks or Baked Potato Bar
Broccoli

Fruit & Vegetable
Milk & Juice

18
French Toast Sticks
Hash browns
Sausage

Fruit & Vegetable
Milk & Juice

19
Chicken Sticks
Tavern Fries

Fruit & Vegetable
Milk & Juice

20
Tiki Masala
Broccoli

Fruit & Vegetable
Milk & Juice

21
Boneless Wings
garden Salad

Fruit & Vegetable
Milk & Juice

22
Macaroni & Cheese or Fish sticks
Ratatouille

Fruit & Vegetable
Milk & Juice

25
Gen Tso's Chicken
Rice Broccoli

Fruit & Vegetable
Milk & Juice

26
NACHO FESTIVUS DAY

Fruit & Vegetable
Milk & Juice

27
EARLY DISMISSAL NO LUNCH ONLY BREAKFAST

28
NO SCHOOL

29
NO SCHOOL

Lunch meals are FREE if the minimum components are taken, three of the following five items must be on the students tray.
protein
grain
milk
fruit
vegetable

One of the three must be a fruit or vegetable.

If the minimum components are not taken the meal will be charged full price

Second meals cost $2.85

Please be advised that ala carte entrees are $1.90

Fresh Vegetables

Fresh and canned fruit

Assorted Milks

All meals include 8oz unflavored low-fat (1% <) or unflavored fat free (skim) milk

All grain items are whole grain rich, 51% or more whole grain rich

schoolcafe.com
Monitor student cafeteria accounts and make payments online

BUY FRESH BUY LOCAL
FRESH FOODS FROM LOCAL FAMILY FARMS