

K-12 BREAKFAST



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Happy Women's History Month!

Did You Know?
The story of Women's History Month first started out in 1978 and was declared in 1987.



Protein Protein

Choose MyPlate GOV

Breakfast Nachos Assorted Cereal Graham Crackers

1

1/2c Fruit Choice 1/2c Juice Choice 1c Milk

Ham Egg and
Cheese
Muffinwich
Assorted Cereal
Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk Biscuit
Assorted Cereal
Graham Crackers
1/2c Fruit Choice
1/2c Juice Choice
1c Milk

Western

Scramble/w

5

Iced Cinnamon Roll Assorted Cereal Graham Crackers

6

1/2c Fruit Choice 1/2c Juice Choice 1c Milk 7 National Cereal Day!

Breakfast Tacos Assorted Cereal Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk Breakfast
Scramble Stuffed
Biscuit
Assorted Cereal
Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk

1§trawberry and Granola Yogurt Parfait Assorted Cereal Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk 12Veggie Breakfast Bowl/w Biscuit Assorted Cereal Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk Apple Spiced
Muffin
Assorted Cereal
Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk Bacon Egg and Cheese Burrito Assorted Cereal Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk 15 Banana Apple Muffin Trifle Assorted Cereal Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk

18

Oatmeal Assorted Cereal Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk Bagel/w Cream
Cheese
Assorted Cereal
Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk Preakfast Tater
Tot Nachos/w
Biscuit
Assorted Cereal
Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk Breakfast Banana Split Assorted Cereal Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk French Toast
Sticks
Assorted Cereal
Graham Crackers

1/2c Fruit Choice 1/2c Juice Choice 1c Milk

25



27

Spring Break

29

NUTRITION BAR

Included with your meal and offered daily.

Choose from a variety of fresh fruits or vegetables.

26

ELIOR NORTH AMERICA

For questions and comments, please email the Food Service Director at *Mark.House@k12byelior.com*



ELEMENTARY LUNCH



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MUSHROOMS



A: Cheese or Pepperoni Pizza B: Chicken Bacon Ranch Wrap

> ½ c Celery Sticks ½ c Seasoned Carrot Slices

A: Bean Cheese Burrito B: Hamburger

½ c potato wedges ½ c Garden Salad

🖢 🗛: Pinto Bean Tacos B: Chicken Tenders

½ c Roasted Carrots ½ c Fresh Cucumbers 6

A: Quesadilla B: Corndog

½ c Baked Beans ½ c Fresh Broccoli

A: Frito Pie B: Fish Sandwich

½ c Italian Vegetables ½ c Crinkle Cut Fries

8

A: Italian Dunkers/w Marinara B: Chicken Cordon Bleu Sandwich

1/2 c Seasoned Carrots 1/2 c Roasted Tomatoes

A: Crispy Chicken Bowl/w Roll 💟 B: Fiesta Bean Casserole/w Roll

½ c Mashed Potatoes and Gravv ½ c Seasoned Corn

12A: Beef Walking Taco B:Buffalo Chicken Sandwich

½ c Black Beans ¼ c Salsa ½ c Garlic Roasted Mushrooms

CHICKEN NOODLE SOUP (DVA)

A: Spicy Stuffed Biscuit/w Chicken Noodle soup B:Hamburger

> ½ c Potato Wedges ½ c Steamed Peas

14 A: Tandoori Chicken/w Brown Rice

B: Grilled Cheese/w Tomato Soup

½ c Honey Roasted Brussel Sprouts ½ c Green Beans

15 A: Meatball Hoagie B: Shepherds

Pie/w Roll 1/2c Roasted Broccoli 1/2c Sweet Potato Fries

18

A: Bean Chili Mac/w Breadstick B:Beef Nachos/ w Breadstick

> 1/2c Roasted Cauliflower 1/2c Garden Salad

First Day of A: Sweet and Sour Meatballs/w Brown Rice B: Chicken Tenders

1/2c Sweet Potato Fries 1/2c Fresh Cucumbers

ITALY

A: Beef Stroganoff/w Roll B: Corndog

1/2c Green Beans 1 ea. Global Bites: Italy Bruschetta

21

A: Loaded Potato Wedges/wRoll B: Fish Sandwich

½ c Baked Beans ½ c Roasted Broccoli ✓A:Cheese or Peperoni Pizza B: Hawaiian Chicken Patty

> ½ c Seasoned Carrots ½ c Italian Vegetables

Sandwich

25



NUTRITION BAR

20

Spring Break

29



ELIOR NORTH AMERICA

Included with your meal and offered daily. Choose from a variety of fresh fruits or vegetables.

For questions and comments, please email the Food Service Director at Mark.House@k12byelior.com

- Vegetarian (Ovo-Lacto)
- Fresh Picks
- Be Well

This institution is an equal opportunity provider



MIDDLE SCHOOL LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY









1

A: Cheese or Pepperoni Pizza **B:** Chicken bacon ranch wrap ½ c Celery Sticks

½ c Seasoned Carrot Slices

V Burrito **B: Hamburger**

½ c potato wedges ½ c Garden Salad

A: Bean and Cheese A: Pinto Bean Tacos

B: Chicken Tenders ½ c Roasted Carrots ½ c Fresh Cucumbers

✓ A: Quesadilla B: Corndog

½ c Baked Beans ½ c Fresh Broccoli

A: Frito Pie **B: Fish Sandwich** ½ c Italian Vegetables ½ c Crinkle Cut Fries

A: Italian dunkers/w Marinara

B: Chicken Cordon Bleu Sandwich

½ c Seasoned Carrots ½ c Roasted Tomatoes

A: Crispy Chicken **Bowl/w Breadstick** B: Fiesta Bean Casserole/w **Breadstick**

½ c Mashed Potatoes ½ c Seasoned Corn

A: Beef Walking Taco **B: Lemon Pepper Chicken Sandwich**

½ c Black Beans ¼ c Salsa

½ c Garlic Roasted Mushrooms

CHICKEN NOODLE SOUP

A: Spicy Stuffed Biscuit/w Chicken **Noodle Soup B:Hamburger**

½ c Potato Wedges ½ c Steamed Peas

14

A: Tandoori Chicken/w Brown Rice

B: Grilled Cheese/w V Tomato Soup

½ c Honey Roasted Brussel Sprouts ½ c Green Beans

15

A: Meatball Hoagie B: Shepherds Pie/w Roll

½ c Roasted Broccoli ½ c Sweet Potato Fries

18

🛂 A: Bean Chili Mac/w **Breadstick** B:Beef Nachos/ w Breadstick

½ c Roasted Cauliflower ½ c Garden Salad

First Day of A: Sweet and Sour.

Chicken/w Brown Rice **B: Chicken Tenders**

½ c Sweet Potato Fries

½ c Fresh Cucumbers

20 ITALY

A: Beef Stroganoff/w Roll **B: Corndog**

½ c Green Beans 1 ea. Global Bites: Italy Bruschetta

21

A: Loaded Potato Wedges/w Roll **B: Corn Dog**

½ c Baked Beans ½ c Roasted Broccoli 22

A:Cheese or Peperoni Pizza

B: Hawaiian Chicken **Patty Sandwich**

1/2c Seasoned Carrots ½ c Italian Veggies

25

28

29

NUTRITION BAR

Included with your meal and offered daily. Choose from a variety of fresh fruits or This institution is an equal opportunity provider

ENTREE SALAD or DELI SANDWICH included with your meal and offered daily

Vegetarian (Ovo-Lacto)

Fresh Picks

Be Well



HOLLOMAN MIDDLE SCHOOL LUNCH

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY









A: Cheese or Pepperoni Pizza **B:** Chicken bacon ranch wrap ½ c Celery Sticks ½ c Seasoned Carrot Slices

1

A: Bean and Cheese A: Pinto Bean Tacos **V** Burrito **B: Hamburger**

½ c potato wedges ½ c Garden Salad

B: Chicken Tenders ½ c Roasted Carrots ½ c Fresh Cucumbers

✓ A: Quesadilla B: Corndog

½ c Baked Beans ½ c Fresh Broccoli

A: Frito Pie **B: Fish Sandwich** ½ c Italian Vegetables ½ c Crinkle Cut Fries

A: Italian dunkers/w Marinara **B: Chicken Cordon Bleu Sandwich**

½ c Seasoned Carrots ½ c Roasted Tomatoes

A: Crispy Chicken **Bowl/w Breadstick** B: Fiesta Bean Casserole/w **Breadstick**

½ c Mashed Potatoes ½ c Seasoned Corn

A: Beef Walking Taco **B: Lemon Pepper Chicken Sandwich** ½ c Black Beans

¼ c Salsa

½ c Garlic Roasted Mushrooms

CHICKEN NOODLE SOUP

A: Spicy Stuffed **Biscuit/w Chicken Noodle Soup B:Hamburger**

½ c Potato Wedges ½ c Steamed Peas

14

A: Tandoori Chicken/w Brown Rice

B: Grilled Cheese/w **Tomato Soup**

½ c Honey Roasted **Brussel Sprouts** ½ c Green Beans

15

A: Meatball Hoagie B: Shepherds Pie/w Roll

½ c Roasted Broccoli ½ c Sweet Potato Fries

18

🛂 A: Bean Chili Mac/w **Breadstick** B:Beef Nachos/ w Breadstick ½ c Roasted

Cauliflower ½ c Garden Salad

First Day of A: Sweet and Sour.

Chicken/w Brown

Rice **B: Chicken Tenders** ½ c Sweet Potato Fries ½ c Fresh Cucumbers

20 ITALY

A: Beef Stroganoff/w Roll **B: Corndog**

½ c Green Beans 1 ea. Global Bites: Italy Bruschetta

21

A: Loaded Potato Wedges/w Roll **B: Corn Dog**

½ c Baked Beans ½ c Roasted Broccoli 22

A:Cheese or Peperoni Pizza

B: Hawaiian Chicken **Patty Sandwich**

1/2c Seasoned Carrots 1/2c Italian Veggies

25

28

29

Spring Break

NUTRITION BAR

Included with your meal and offered daily. Choose from a variety of fresh fruits or This institution is an equal opportunity provider

ENTREE SALAD or DELI SANDWICH included with your meal and offered daily

Vegetarian (Ovo-Lacto)

Fresh Picks

Be Well

HIGH SCHOOL LUNCH- FEB 26 - MAR 1

TO MAKE IT A MEAL, SELECT UP TO 2 FRUITS AND/OR VEGETABLES AND CHOICE OF MILK.

See any server for details and assistance. | Milk varieties include 1% low fat and flavored fat-free choices. May be subject to amendment to reflect updated federal and state regulations

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Regional, Comfort, & World **Flavors**

Crispy Chicken Bowl/w Breadstick 1/2 c Sweet Potato Fries 1/2 c Fresh Cucumbers 1/2 c Side Salad

Baked Ziti ½ c Black Beans 1/2 c Roasted Zucchini 1/2 c Side Salad

Spicy Stuffed Biscuit 1/2 c Mexican Street Corn 1/2 c Peas 1/2 c Side Salad

Frito Pie 1/2 c Honey Roasted Brussel Sprouts 1/2 c Green Beans

Grilled Cheese 1/2 c Roasted Broccoli 1/2 c Roasted Carrots 1/2 c Side Salad

Pulled Chicken Sandwich Pulled Chicken Sandwich Pulled Chicken Sandwich Campfire Dog

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans Campfire Dog

Jalapeno Cheddar Cornbread Jalapeno Cheddar Cornbread Jalapeno Cheddar Cornbread Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Campfire Dog

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans Pulled Chicken Sandwich Pulled Chicken Sandwich Campfire Dog

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans Campfire Dog

Jalapeno Cheddar Cornbread Jalapeno Cheddar Cornbread Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Claw & Grill

Chicken Bacon Ranch

Tater Tots

Roaring Pizza

Hawaiian Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Hawaiian Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Hawaiian Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Hawaiian Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Hawaiian Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Posole

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Taco Soup

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Bean & Cheese Burrito

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Posole

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Taco Soup

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Wok & Growl Mongolian Grill

Chinese BBQ Pork Chicken Terivaki Asian Chicken Fried Rice Brown Rice Noodles

Stir Fry Vegetables

Chinese BBQ Pork Chicken Teriyaki Asian Chicken Fried Rice Brown Rice Noodles

Roasted Broccoli

Chinese BBQ Pork Chicken Teriyaki Asian Chicken Fried Rice Brown Rice Noodles Stir Fry Vegetables

Chinese BBQ Pork Chicken Terivaki Asian Chicken Fried Rice Brown Rice Noodles

Roasted Broccoli

Chinese BBQ Pork Chicken Teriyaki Asian Chicken Fried Rice Brown Rice Noodles Roasted Broccoli

Ramen Bowl

Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Terivaki Boiled Egg Assorted Vegetable Bar Ramen Bowl/w Choice οf Chinese BBQ Pork Chicken Teriyaki **Boiled Egg** Assorted Vegetable Bar Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Terivaki Boiled Egg Assorted Vegetable Bar Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Terivaki **Boiled Egg** Assorted Vegetable Bar

Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Terivaki Boiled Egg Assorted Vegetable Bar

This institution is an equal opportunity provider. Please notify your ager if you have any special dietary needs. Please inform the server of ed allergies you may have before placing an order. When

Included with your meal & offered daily. Choose a variety of fresh fruits & vegetables.

ENTRÉE SALAD OR DEU SANDWICH included as a meal & offered daily.

HIGH SCHOOL LUNCH- MAR 4th-8th

TO MAKE IT A MEAL, SELECT UP TO 2 FRUITS AND/OR VEGETABLES AND CHOICE OF MILK.

See any server for details and assistance. | Milk varieties include 1% low fat and flavored fat-free choices. May be subject to amendment to reflect updated federal and state regulations

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Regional, Comfort, & World **Flavors**

Bean Chili Mac/w Breadstick

½ c Mashed Potatoes 1/2 c Cucumber Slices 1/2 c Side Salad

Pinto Bean Tacos

1/2 c Red Peppers 1/2 c Roasted Corn 1/2 c Side Salad

Beef Stroganoff/w Breadstick

½ c Italian Veggies 1/2 c Broccoli 1/2 c Side Salad

Loaded Baked Potato Bar/w Roll

½ c Baked Beans 1/2 c Baby Carrots 1/2 c Side Salad

Italian Dunkers

½ c Seasoned Carrots ½ c Herbed Tomatoes 1/2 c Side Salad

Pulled Chicken Sandwich Pulled Chicken Sandwich Campfire Dog

Jalapeno Cheddar Cornbread Jalapeno Cheddar Cornbread Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Campfire Dog

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Pulled Chicken Sandwich Campfire Dog

Jalapeno Cheddar Cornbread Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Pulled Chicken Sandwich Pulled Chicken Sandwich Campfire Dog

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Campfire Dog

Jalapeno Cheddar Cornbread Jalapeno Cheddar Cornbread Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Claw & Grill

Pizza Burger Tater Tots

Pizza Burger

Tater Tots

Pizza Burger

Tater Tots

Pizza Burger

Tater Tots

Pizza Burger

Tater Tots

Roaring Pizza

Hawaiian Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Hawaiian Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Hawaiian Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Hawaiian Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Hawaiian Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

V

Quesadilla

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Bean & Cheese Burrito

MEXICAN STATION

Taco Shells, Tortillas. Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Turkey Burrito Bowl MEXICAN STATION

Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Carne Adovada Burrito

MEXICAN STATION

Taco Shells, Tortillas. Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Quesadilla MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans,

Rice

Wok & Growl Mongolian Grill

Chinese BBQ Pork Chicken Terivaki Asian Chicken Fried Rice

Brown Rice Noodles Stir Fry Vegetables Chinese BBQ Pork Chicken Teriyaki Asian Chicken

Fried Rice Brown Rice Noodles Roasted Broccoli Chinese BBQ Pork Chicken Teriyaki Asian Chicken Fried Rice

Brown Rice Noodles Stir Fry Vegetables Chinese BBQ Pork Chicken Terivaki

Asian Chicken Fried Rice Brown Rice Noodles Roasted Broccoli Chinese BBQ Pork Chicken Terivaki Asian Chicken

Fried Rice Brown Rice Noodles Roasted Broccoli

Ramen Bowl

Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Terivaki Boiled Egg

Assorted Vegetable Bar

Ramen Bowl/w Choice οf Chinese BBQ Pork Chicken Teriyaki

Boiled Egg Assorted Vegetable Bar Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Terivaki Boiled Egg

Assorted Vegetable Bar

Chicken Teriyaki Boiled Egg Assorted Vegetable Bar

Ramen Bowl/w Choice

of

Chinese BBQ Pork

Ramen Bowl/w Choice Chinese BBQ Pork Chicken Teriyaki Boiled Egg Assorted Vegetable Bar

This institution is an equal opportunity provider. Please notify your ager if you have any special dietary needs. Please inform the server of is you may have before placing an order. Whe

Included with your meal & offered daily. Choose a variety of fresh fruits & vegetables.

ENTRÉE SALAD OR DEU SANDWICH included as a meal & offered daily.

HIGH SCHOOL LUNCH- MAR 11th-15th

TO MAKE IT A MEAL, SELECT UP TO 2 FRUITS AND/OR VEGETABLES AND CHOICE OF MILK.

See any server for details and assistance. | Milk varieties include 1% low fat and flavored fat-free choices. May be subject to amendment to reflect updated federal and state regulations

MONDAY

WEDNESDAY CHICKEN NOODLE SOUP

THURSDAY

Tandoori Chicken/w

FRIDAY

Daily Regional, Comfort, & World **Flavors**

Gr. Chile Philly Hoagie 1/2 c Potato Wedges 1/2 c Cucumber Slices 1/2 c Side Salad

Lemon Pepper Chicken Sandwich ½ c Baked Beans % c Mashed Potatoes 1/2 c Side Salad 3 ½ c Garlic Roasted Mushrooms

Turkey Pot Pie Over a Biscuit/W Chicken Noodle Soup 1/2 c Seasoned Corn 1/2 c Broccoli/Ranch 1/2 c Side Salad

Brown Rice 1/2 c Green Beans 1/2 c Baby Carrots 1/2 c Side Salad

Beef Goulash/w Roll ½ c Broccoli 1/2 c Oven Roasted Tomatoes ½ c Side Salad

Tiger's Den

Bama Chicken Blazin' Hog

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans Bama Chicken Blazin' Hog

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans Bama Chicken Blazin' Hog

Jalapeno Cheddar Cornbread 🛭 Jalapeno Cheddar Cornbread 🗸 Jalapeno Cheddar Cornbread 🗸 Jalapeno Cheddar Cornbread 🗸 Jalapeno Cheddar Cornbread Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Bama Chicken Blazin' Hog

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans Bama Chicken Blazin' Hog

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Claw & Grill

BBQ Bacon Hamburger

Potato Smiles

Roaring Pizza

Veggie Lovers Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Veggie Lovers Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Veggie Lovers Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Veggie Lovers Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Veggie Lovers Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Pork Pozole

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Pork Pozole

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Pork Pozole

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Pork Pozole

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Pork pozole

MEXICAN STATION Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Wok & Growl Mongolian Grill

Chinese BBQ Pork Chicken Teriyaki Beijing Chicken Fried Rice Brown Rice Noodles Stir Fry Vegetables

Chinese BBQ Pork Chicken Terivaki Beijing Chicken Fried Rice Brown Rice Noodles Stir Fry Vegetables

Chinese BBQ Pork Chicken Teriyaki Beijing Chicken Fried Rice Brown Rice Noodles Stir Fry Vegetables

Chicken Terivaki Beijing Chicken Fried Rice Brown Rice Noodles Stir Fry Vegetables

Chinese BBQ Pork

Chinese BBQ Pork Chicken Terivaki Beijing Chicken Fried Rice Brown Rice Noodles Stir Fry Vegetables

Ramen Bowl

Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Terivaki Boiled Egg Assorted Vegetable Bar

Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Teriyaki Boiled Egg Assorted Vegetable Bar

Ramen Bowl/w Choice Chinese BBQ Pork Chicken Teriyaki Boiled Egg Assorted Vegetable Bar Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Terivaki **Boiled Egg** Assorted Vegetable Bar

Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Terivaki Boiled Egg Assorted Vegetable Bar

is an equal opportunity provider. Please notify your r if you have any special dietary needs. Please inform the serv or food allergies you may have before placing an order. When

Included with your meal & offered daily. Choose a variety of fresh fruits & vegetables.

ENTRÉE SALAD OR DEU SANDWICH included as a meal & offered daily.

HIGH SCHOOL LUNCH- MAR 18th-22nd

TO MAKE IT A MEAL, SELECT UP TO 2 FRUITS AND/OR VEGETABLES AND CHOICE OF MILK.

See any server for details and assistance. | Milk varieties include 1% low fat and flavored fat-free choices. May be subject to amendment to reflect updated federal and state regulations

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Regional, Comfort, & World **Flavors**

BBQ Bird Dawg 1/2 c Potato Wedges 1/2 c Cucumber Slices 1/2 c Side Salad

First Day of Chicken Drumstick/w Roll

1/2 c Green Beans 1/2 c Red Peppers 1/2 c Side Salad

ITALY Spaghetti/w Breadsticks

1/2 c Fresh Broccoli 1/2 c Side Salad 1 ea. Bruschetta

Fish Sandwich

½ c Baked Beans 1/2 c Baby Carrots 1/2 c Side Salad

Meatball Hoagie

1/2 c Seasoned Carrots 1/2 c Italian Vegetables 1/2 c Side Salad

Pulled Pork Sandwich Bama Chicken

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Pulled Pork Sandwich Bama Chicken

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans Pulled Pork Sandwich Bama Chicken

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Pulled Pork Sandwich Bama Chicken

Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Pulled Pork Sandwich Bama Chicken

Jalapeno Cheddar Cornbread da Jalapeno Cheddar Cornbread da Jalapeno Cheddar Cornbread da Jalapeno Cheddar Cornbread Homemade Dill Pickles Homestyle Potato Salad Camp Fire Baked Beans

Claw & Grill

Grilled Teriyaki Chicken/w Asian Slaw Sandwich

Potato Smiles

Roaring Pizza

Cheeseburger Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Cheeseburger Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Cheeseburger Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Cheeseburger Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Cheeseburger Pizza 1 slice Cheese Pizza 1 slice Pepperoni Pizza 1 slice

Green Chili Chicken Enchiladas

MEXICAN STATION

Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Green Chili Chicken Enchiladas

MEXICAN STATION

Taco Shells, Tortillas. Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Green Chili Chicken Enchiladas

MEXICAN STATION

Taco Shells, Tortillas. Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Green Chili Chicken Enchiladas

MEXICAN STATION

Taco Shells, Tortillas. Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Green Chili Chicken Enchiladas

MEXICAN STATION

Taco Shells, Tortillas, Seasoned Beef, Seasoned Chicken, Assorted Beans, Rice

Wok & Growl Mongolian Grill

Chinese BBQ Pork Chicken Teriyaki Orange Chicken Fried Rice

Brown Rice Noodles Steamed Broccoli Chinese BBQ Pork Chicken Teriyaki Orange Chicken Fried Rice

Brown Rice Noodles Stir Fry Vegetables Chinese BBQ Pork Chicken Teriyaki Orange Chicken Fried Rice

Brown Rice Noodles Stir Fry Vegetables

Ramen Bowl/w Choice

of

Chinese BBQ Pork

Chinese BBQ Pork Chicken Teriyaki Orange Chicken Fried Rice Brown Rice

Noodles Roasted Cauliflower Chinese BBQ Pork Chicken Teriyaki Orange Chicken Fried Rice Brown Rice Noodles Stir Fry Vegetables

Ramen Bowl

Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Teriyaki Boiled Egg Assorted Vegetable Bar Ramen Bowl/w Choice οf Chinese BBQ Pork Chicken Teriyaki **Boiled Egg**

Chicken Terivaki Boiled Egg Assorted Vegetable Bar Assorted Vegetable Bar Ramen Bowl/w Choice of Chinese BBQ Pork Chicken Terivaki **Boiled Egg**

Assorted Vegetable Bar

Chinese BBQ Pork Chicken Terivaki **Boiled Egg** Assorted Vegetable Bar

Ramen Bowl/w Choice

of

This institution is an equal opportunity provider. Please notify your ager if you have any special dietary needs. Please inform the server of ed allergies you may have before placing an order. When

ENTRÉE SALAD OR DEU SANDWICH included as a meal & offered daily.

HIGH SCHOOL LUNCH- MAR 25th - 29th

TO MAKE IT A MEAL, SELECT UP TO 2 FRUITS AND/OR VEGETABLES AND CHOICE OF MILK.

See any server for details and assistance. | Milk varieties include 1% low fat and flavored fat-free choices.

May be subject to amendment to reflect updated federal and state regulations

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Regional, Comfort, & World Flavors

Spring Break

Tiger's Den Smoke House

Spring Break

Claw & Grill

Garden Burgers & Chicken Available Daily Spring Break

Roaring Pizza

Spring Break

Tiger's Cantina

MADE-TO-ORDER MEXICAN STATION AVAILABLE DAILY Spring Break

Wok & Growl Mongolian Grill

Spring Break

Ramen Bowl

Spring Break

This institution is an equal opportunity provide. Please notify your manager if you have any special distary needs. Please inform the server of any major food allergies you may have before placing an order. When processes, we will make an appropriate programmer distance or which size.

NUTRITION BAR

ENTRÉE SALAD OR DEU SANDWICH Included as a meal & offered daily.



SUPER SNACK MARCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1		5		5	1 ½ WG Bagel (2g) 2oz Mozzarella (2m) Mandarin Orgs (.25c) Marinara Sauce (.5c) 1% White Milk
2	4 Goldfish WG (1g) 2 Cheese Stick (2m) ¼ c Pears (.25) ½ c Baby Carrots 1% White Milk	5 WG Pretzels (1g) ½ c Hummus (2m) 1 Raisin Box (.25) .5 c Cucumber Slices 1% White Milk	Asst Muffin (1g) 2 Cheese Stick (2m) 100% Fruit Juice (4oz) 1/2c Baby Carrots/Ranch 1% White Milk	7 UBR Round WG (2g) 2 Cheese Stick (2m) Craisins (.25c) Celery Sticks (.5c)/Ranch 1% White Milk	8 ½ WG Bagel (2g) 2oz Mozzarella (2m) Mandarin Orgs (.25c) Marinara Sauce (.5c) 1% White Milk
3	Turkey & Cheese Pinwheel WG (2m/2g) Orange Slices (.25 c) ½ c Baby Carrots/Ranch 1% White Milk	Goldfish WG (1g) Chicken Salad (2m) Apple (.5c) Celery Sticks/Ranch (.5c) 1% White Milk	13 Pretzels WG (1g) 3oz Ham Roll-ups (2m) 100% Fruit Juice ½ c Cucumber Slices 1% White Milk	2 pkgs WG Graham Crackers WG (1g) 2 Cheese Stick (2m) Pears (.25c) Celery Sticks/Ranch (.5c) 1% White Milk	15 ½ WG Bagel (2g) 2oz Mozzarella (2m) Mandarin Orgs (.25c) Marinara Sauce (.5c) 1% White Milk
4	Tostitos WG (2g) Cheese Sauce (2m) Peaches Sliced or Diced (.25 c) Tomato Salsa (1/2 cup) 1% White Milk	Turkey & Cheese Wrap (2m/2g) Pears (.25) Cucumber Slices (.5 c) 1% White Milk	Simply Chex WG (1g) Asst Yogurt Cup (1m) 1 Cheese Stick (1m) Apple (125ct) Broccoli/Ranch (.5c) 1% White Milk	WG Pretzels (1g) ½ c Hummus (2m) 1 Raisin Box (.25) Celery Sticks (.5 c) 1% White Milk	Tostitos WG (2g) Taco Meat (2m) 1 oz Cheddar Shred (1m) Peaches Diced (.25 c) Tomato Salsa (1/2 cup) 1% White Milk
	25	Sprif	er Bra	28	Protein Protein

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Menu subject to change

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