



March 2020

High School Lunch Menu

Breakfast Cost \$ 1.50 Each
Lunch Cost \$ 2.75 Each
Extra Milk Cost \$.50 Each

Monday	Tuesday	Wednesday	Thursday	Friday
2 WG Cheesy Nachos with Tostitos and Salsa OR Cheeseburger on WG Bun Baked French Fries or Mixed Green Salad Fruit Choice	3 WG Toasted Cheese Sandwich OR WG Crispy Chicken on WG Bun Baked French Fries or Tomato Soup Fruit Choice WG Cookie	4 Homemade Turkey & Noodles with WG Dinner Roll OR Cheeseburger on WG Bun Baked French Fries or Mashed Potatoes or Green Beans Fruit Choice	5 WG Chicken Tenders OR BBQ Rib on WG Bun Baked French Fries or Black Beans & Corn Fruit Choice WG Cookie	6 WG Shrimp Poppers OR WG Tenderloin on WG Bun OR WG Cheese Pizza Baked French Fries or Coleslaw Fruit Choice
9 WG Crispy Chicken on Bun OR Cheeseburger on WG Bun Baked French Fries or Steamed Spinach Fruit Choice	10 WG Rectangle Pizza OR WG Crispy Chicken on WG Bun Baked French Fries or Fresh Baby Carrots & Ranch Dip Fruit Choice WG Cookie	11 WG Soft Taco with Shredded Cheese OR Cheeseburger on WG Bun Baked French Fries or Mixed Green Salad Fruit Choice	12 WG Mini Corn Dogs OR BBQ Rib on WG Bun Baked French Fries or Baked Beans Fruit Choice WG Cookie	13 WG Bosco Sticks with Marinara Sauce OR WG Tenderloin on WG Bun OR WG Cheese Pizza Baked French Fries or Country Mixed Vegetables Fruit Choice
16 BBQ Pork on WG Bun OR Cheeseburger on WG Bun Baked French Fries or Mixed Green Salad Fruit Choice	17 WG Quesadilla OR WG Crispy Chicken on WG Bun Baked French Fries or Steamed Carrots Fruit Choice WG St. Patrick's Day Cookie	18 Salisbury Steak with Brown Gravy and WG Dinner Rolls OR Cheeseburger on WG Bun Baked French Fries or Mashed Potatoes or Green Beans Fruit Choice	19 WG Popcorn Chicken OR BBQ Rib on WG Bun Baked French Fries or Baked Beans Fruit Choice WG Cookie	20 WG Cheese Ravioli with WG Breadstick OR WG Tenderloin on WG Bun OR WG Cheese Pizza Baked French Fries or Corn Fruit Choice
23	24	25	26	27
SPRING BREAK				
30 WG Crispy Chicken Nuggets OR Cheeseburger on WG Bun Baked French Fries or Steamed Broccoli Fruit Choice WG Nacho Cheese Doritos	31 WG Round Pizza OR WG Crispy Chicken on WG Bun Baked French Fries or Fresh Baby Carrots & Ranch Dip Fruit Choice WG Cookie	USDA REQUIREMENT Students Must Select at Least 1 Item from the Vegetable or Fruit Varieties Offered Daily	Daily Entree Choices Peanut Butter & Jelly Large Uncrustable OR Entrée Salad with WG Breadsticks OR Ham & Cheese on WG Bun	Daily Milk Choices 1% White 1% Chocolate 1% Strawberry WG= Whole Grain

Breakfast Menu

Monday: March 2, 16
Bacon, Egg & Cheese on Biscuit

Monday: March 9, 30
Egg & Cheese Omelet on Whole Grain Croissant

Tuesday: March 3, 17
Whole Grain Breakfast Sliders

Tuesday: March 10, 31
Whole Grain Breakfast Pizza

Wednesday: March 4, 11, 18
Sausage & Egg on Biscuit

Thursday: March 5, 19
Bacon, Egg & Cheese Eggstravaganza, Whole Grain Tortilla

Thursday: March 12
Biscuits & Sausage Gravy

Friday: March 6, 20
Whole Grain Honey Chicken On Biscuit

Friday: March 13
Whole Grain Mini Pancake & Sausage Wraps, Syrup Cup

USDA REQUIREMENTS

Students must select at least 1 item from the fruit varieties offered daily.

Daily Breakfast Choices

Entrée, Fruit Choice, Juice & Milk **OR**
 WG Cereal, Fruit Choice, Juice & Milk **OR**
 Choice of Grab & Go Items

This Menu is subject to change. Applications for Free and Reduced Meals are available at your school's office, or at www.jcsc.org. This institution is an equal opportunity