

March 2019 Jr. High Lunch Nutrition Station Menu

February	February	February	February	<u>Vegetables</u> Broccoli Tater Tots Optional: Salad Blend Zucchini Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Grapes Pineapple Chunks Applesauce Strawberries	1
<u>Vegetables</u> Diced Tomatoes Diced Onions Cucumbers Tater Tots Optional: Salad Blend Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Apples Sliced Pears Fresh Grapes Pineapple Chunks	<u>Vegetables</u> Baby Carrots Refried Beans Tater Tots Optional: Salad Blend Peppers Onions Tomatoes Pickles <u>Choose 2 and up to 4 Fruits</u> Fresh Bananas Mandarin Oranges Jicama Sticks Strawberries	<u>Vegetables</u> Marinara Sauce Tater Tots Optional: Salad Blend Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Pears Sliced Peaches Apricots Tropical Fruit Mix	<u>Vegetables</u> Baby Carrots Broccoli Tater Tots Edamame Optional: Salad Blend Onions Tomatoes Pickles <u>Choose 2 and up to 4 Fruits</u> Fresh Oranges Applesauce Mix Fruit Cantaloupe	<u>Vegetables</u> Tater Tots Optional: Salad Blend Green Beans Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Grapes Pineapple Chunks Applesauce Strawberries	4
<u>Vegetables</u> Tomatoes Black Beans Tater Tots Optional: Salad Blend Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Apples Sliced Pears Fresh Grapes Pineapple Chunks	<u>Vegetables</u> Baby Carrots Tater Tots Optional: Salad Blend Onions Tomatoes Pickles <u>Choose 2 and up to 4 Fruits</u> Fresh Bananas Mandarin Oranges Jicama Sticks Strawberries	<u>Vegetables</u> Marinara Sauce Cucumbers Tater Tots Optional: Salad Blend Green Beans Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Pears Sliced Peaches Apricots Tropical Fruit Mix	<u>Vegetables</u> Baby Carrots Broccoli Tater Tots Optional: Salad Blend Onions Tomatoes Pickles <u>Choose 2 and up to 4 Fruits</u> Fresh Oranges Applesauce Mix Fruit Cantaloupe	<u>Vegetables</u> Green Beans Tater Tots Optional: Salad Blend Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Grapes Pineapple Chunks Applesauce Strawberries	11
<u>Vegetables</u> Cucumbers Broccoli Tater Tots Optional: Salad Blend Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Apples Sliced Pears Fresh Grapes Pineapple Chunks	<u>Vegetables</u> Baby Carrots BBQ Baked Beans Tater Tots Optional: Salad Blend Onions Tomatoes Pickles <u>Choose 2 and up to 4 Fruits</u> Fresh Bananas Mandarin Oranges Jicama Sticks Strawberries	<u>Vegetables</u> Marinara Sauce Tater Tots Optional: Salad Blend Green Beans Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Pears Sliced Peaches Apricots Tropical Fruit Mix	<u>Vegetables</u> Baby Carrots Tater Tots Peas Optional: Salad Blend Broccoli Onions Tomatoes Pickles <u>Choose 2 and up to 4 Fruits</u> Fresh Oranges Applesauce Mix Fruit Cantaloupe	No School	18
Spring Recess	No School	<u>Vegetables</u> Marinara Sauce Tater Tots Optional: Salad Blend Green Beans Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Pears Sliced Peaches Apricots Tropical Fruit Mix	<u>Vegetables</u> Baby Carrots Broccoli Tater Tots Edamame Optional: Salad Blend Edamame Onions Tomatoes Pickles <u>Choose 2 and up to 4 Fruits</u> Fresh Oranges Applesauce Mix Fruit Cantaloupe	<u>Vegetables</u> Green Beans Tater Tots Optional: Salad Blend Onions Tomatoes Jalapenos <u>Choose 2 and up to 4 Fruits</u> Fresh Grapes Pineapple Chunks Applesauce Strawberries	25