

# March 2019

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**1**

- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Broccoli (3g Carbs)
- Tater Tots (19g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Applesauce (16g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)
- Macaroni & Cheese Bowl w/**
- Mac & Cheese (36g Carbs)
- Hot Dog (23g Carbs)
- Homemade Roll (27g Carbs)
- Chicken Tenders (11g Carbs)

**4**

- Monte Cristo Melt (82g Carbs)
- Chicken & Waffles Sandwich (86g Carbs)
- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Diced Red Onions (4g Carbs)
- Tater Tots (19g Carbs)
- Sliced Pears (15g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**5**

- Beef Enchiladas (30g Carbs)
- Classic Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Scratch Cheese Pizza (33g Carbs)
- Scratch Pepperoni Pizza (33g Carbs)
- Tater Tots (19g Carbs)
- Sliced Green Peppers (1g Carbs)
- Bananas (27g Carbs)
- Mandarin Oranges (17g Carbs)
- Jicama Sticks (5g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**6**

- Beef Meatball Sub (47g Carbs)
- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Homemade Marinara Sauce (14g Carbs)
- Tater Tots (19g Carbs)
- Fresh Pears (23g Carbs)
- Sliced Peaches (14g Carbs)
- Diced Apricots (14g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**7**

- Classic Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Scratch Cheese Pizza (33g Carbs)
- Scratch Pepperoni Pizza (33g Carbs)
- Broccoli (3g Carbs)
- Tater Tots (19g Carbs)
- Edamame (4g Carbs)
- Applesauce (16g Carbs)
- Mixed Fruit (15g Carbs)
- Cubed Cantaloupe (7g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)
- Chicken Teriyaki w/ Rice Bow & Egg Roll**
- Chicken Teriyaki Bowl (99g Carbs)
- Homemade Roll (27g Carbs)
- Chicken Tenders (11g Carbs)

**8**

- Baked Ziti (47g Carbs)
- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Tater Tots (19g Carbs)
- Green Beans (4g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Applesauce (16g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**11**

- Grilled Cheese Sandwich w/ Chili (48g Carbs)
- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Black Beans (18g Carbs)
- Tater Tots (19g Carbs)
- Sliced Pears (15g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**12**

- French Dip Sandwich & Auju (25g Carbs)
- Classic Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Scratch Cheese Pizza (33g Carbs)
- Scratch Pepperoni Pizza (33g Carbs)
- Tater Tots (19g Carbs)
- Bananas (27g Carbs)
- Mandarin Oranges (17g Carbs)
- Jicama Sticks (5g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**13**

- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Homemade Marinara Sauce (14g Carbs)
- Tater Tots (19g Carbs)
- Green Beans (4g Carbs)
- Fresh Pears (23g Carbs)
- Sliced Peaches (14g Carbs)
- Diced Apricots (14g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**Chicken & Mashed Potato B**

- Chicken & Mashed Potato Bowl (38g Carbs)
- Homemade Roll (27g Carbs)
- Chicken Tenders (11g Carbs)

**14**

- Bacon Jalapeno Burger (27g Carbs)
- Classic Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Scratch Cheese Pizza (33g Carbs)
- Scratch Pepperoni Pizza (33g Carbs)
- Broccoli (3g Carbs)
- Tater Tots (19g Carbs)
- Applesauce (16g Carbs)
- Mixed Fruit (15g Carbs)
- Cubed Cantaloupe (7g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**15**

- Chicken Malibu Slider (51g Carbs)
- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Green Beans (4g Carbs)
- Tater Tots (19g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Applesauce (16g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**18**

- Sloppy Jo Sandwich (30g Carbs)
- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Broccoli (3g Carbs)
- Tater Tots (19g Carbs)
- Sliced Pears (15g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**19**

- Chili & Cheese Hot Dog (32g Carbs)
- Classic Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Scratch Cheese Pizza (33g Carbs)
- Scratch Pepperoni Pizza (33g Carbs)
- BBQ Baked Beans (29g Carbs)
- Tater Tots (19g Carbs)
- Bananas (27g Carbs)
- Mandarin Oranges (17g Carbs)
- Jicama Sticks (5g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**20**

- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Homemade Marinara Sauce (14g Carbs)
- Tater Tots (19g Carbs)
- Green Beans (4g Carbs)
- Fresh Pears (23g Carbs)
- Sliced Peaches (14g Carbs)
- Diced Apricots (14g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**Country Fried Steak Meal**

- Country Fried Steak w/ Mashed Potatoes (30g Carbs)
- Homemade Breadstick (35g Carbs)
- Homemade Roll (27g Carbs)
- Chicken Tenders (11g Carbs)

**21**

- Classic Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Scratch Cheese Pizza (33g Carbs)
- Scratch Pepperoni Pizza (33g Carbs)
- Tater Tots (19g Carbs)
- Peas (11g Carbs)
- Applesauce (16g Carbs)
- Mixed Fruit (15g Carbs)
- Cubed Cantaloupe (7g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**General Tso Chicken Bowl**

- General Tso' Chicken Bowl (66g Carbs)
- Homemade Roll (27g Carbs)
- Chicken Tenders (11g Carbs)

**22**

**25****26****27****28****29**

- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Homemade Marinara Sauce (14g Carbs)
- Tater Tots (19g Carbs)
- Green Beans (4g Carbs)
- Fresh Pears (23g Carbs)
- Sliced Peaches (14g Carbs)
- Diced Apricots (14g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**Steak & Gravy Bowl**

- Steak & Gravy Bowl (16g Carbs)
- Homemade Breadstick (35g Carbs)
- Homemade Roll (27g Carbs)
- Chicken Tenders (11g Carbs)

- Classic Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Scratch Cheese Pizza (33g Carbs)
- Scratch Pepperoni Pizza (33g Carbs)
- Broccoli (3g Carbs)
- Tater Tots (19g Carbs)
- Edamame (4g Carbs)
- Applesauce (16g Carbs)
- Mixed Fruit (15g Carbs)
- Cubed Cantaloupe (7g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**Orange Chicken Bowl**

- Orange Chicken w/ Rice Bowl (84g Carbs)
- Homemade Roll (27g Carbs)
- Chicken Tenders (11g Carbs)

- Italian Sub (34g Carbs)
- Spicy Chicken Sandwich (38g Carbs)
- Cheeseburger (24g Carbs)
- Cheese Pizza Ripper (32g Carbs)
- Pepperoni Pizza Ripper (27g Carbs)
- Green Beans (4g Carbs)
- Tater Tots (19g Carbs)
- Seedless Grapes (8g Carbs)
- Pineapple Chunks (22g Carbs)
- Applesauce (16g Carbs)
- Assorted Fruit Juice (14g Carbs)
- Fat Free Chocolate Milk (20g Carbs)
- 1% White Milk (13g Carbs)

**Offered Daily - Entrees:** Turkey & Cheese Sandwich (39g Carbs), Ham & Cheese Sandwich (36g Carbs), Ham/Turkey & Cheese Sandwich (34g Carbs), Roast Beef Sandwich (41g Carbs), Chicken Tenders (11g Carbs) w/ Homemade Roll (27g Carbs), Grape Uncrustable (64g Carbs) or Secondary Strawberry Uncrustable (64g Carbs) w/ Round Tortilla Chips (20g Carbs) and Packaged Mini Carrots (7g Carbs)

**Offered Daily - Salsa Bar Line (Build your Own):** Taco Meat (1g Carbs), Jalapeno Cheese Sauce (3g Carbs), Round Tortilla Chips (20g Carbs), Cilantro Lime Rice (15g Carbs), Mexican Style Refried Beans (24g Carbs)

**Condiments:** Ketchup (5g Carbs), Salsa (9g Carbs), Mayonnaise (3g Carbs), Mustard (0g Carbs), Ranch Dressing (7g Carbs), French Dressing (8g Carbs), Italian Dressing (3g Carbs), Thousand Island Dressing (2g Carbs)

**Assorted Milk:** 1% White Milk (13g Carbs), Fat Free Chocolate Milk (20g Carbs)

**Fruits & Vegetables Offered:** Tater Tots (19g Carbs), Cherry Tomatoes (2g Carbs), Sliced Black Olives (1g Carbs), Salad Mix (1g Carbs), Sliced Jalapenos (2g Carbs), Dill Pickle Chips (0g Carbs), Sliced Tomatoes (7g Carbs), Sliced Red Onions (3g Carbs), Diced Red Onions (4g Carbs), Broccoli (3g Carbs), Sliced Cucumbers (16g Carbs), Baby Carrots (10g Carbs), Homemade Marinara Sauce (14g Carbs), BBQ Baked Beans (29g Carbs), Edamame (4g Carbs), Zucchini (2g Carbs), Sweet Potato Fries (22g Carbs), Green Beans (4g Carbs), Sliced Green Peppers (1g Carbs), Black Beans (18g Carbs), PRODUCE, CELERY, STICK, 4 " (2g Carbs), Red Apples (31g Carbs), Green Apple (21g Carbs), Sliced Pears (15g Carbs), Seedless Grapes (8g Carbs), Pineapple Chunks (22g Carbs), Bananas (27g Carbs), Mandarin Oranges (17g Carbs), Fresh Pears (23g Carbs), Sliced Peaches (14g Carbs), Diced Apricots (14g Carbs), Oranges (25g Carbs), Applesauce (16g Carbs), Mixed Fruit (15g Carbs), Cubed Cantaloupe (13g Carbs)

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