



# March 2018



## Lunch

### Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			BBQ FAJITA CHICKEN HAMBURGER Hamburger Bun SAUSAGE PIZZA WEDGE Fresh Apple* Salad Bar Selections	MACARONI & CHEESE ^ CHICKEN NUGGETS PEPPERONI PIZZA WRAP ^ Fresh Orange* Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes Croutons ^
5	6	7	8	9
FRENCH TOAST STICKS W/SAUSAGE ^ Syrup CHICKEN TENDERS Diced Peaches Pineapple Tidbits Chocolate Cookie ^ Salad Bar Selections	CHICKEN NUGGETS Marinara Dipping Sauce CHILI Corn Muffin ^ SAUSAGE PIZZA WEDGE ^ Diced Pears Salad Bar Selections	SPAGHETTI W/MEATBALLS Breadstick (IW)^ PEPPERONI PIZZA WEDGE ^ BEAN & CHEESE BURRITO ^ Salsa Cup Fresh Banana* Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	HOT DOG Hot Dog Bun ^ RANCH TURKEY BURGER Hamburger Bun ^ Chipotle Ranch TOASTED CHEESE SANDWICH ^ Fresh Apple* Multi Grain Sun Chips ^ Salad Bar Selections Black Beans	CHEESE PIZZA WEDGE SPICY CHICKEN FILLET Hamburger Bun ^ BAGEL DOG ^ Mixed Fruit Cup Orange Juice Salad Bar Selections
12	13	14	15	16
CHICKEN FRIES Hash Browns Buffalo Ranch Cup Honey Mustard Cup PEPPERONI PIZZA WEDGE ^ Applesauce Cup Pretzel ^ Salad Bar Selections Green Pepper Slices	BAGEL DOG ^ 4-CHEESE PANINI ^ CRISPY CHICKEN FILLET Hamburger Bun ^ Diced Peaches Mixed Fruit Cup Salad Bar Selections	TACO MEAT POPCORN CHICKEN Salsa Cup Tortilla Rounds ^ CHEESE PIZZA WEDGE ^ Pineapple Tidbits Vanilla Cookie ^ Salad Bar Selections Black Beans Corn	CHICKEN DRUMSTICK SALISBURY STEAK W/ GRAVY Mashed Potatoes Sliced Bread ^ SAUSAGE PIZZA WEDGE ^ Fresh Apple* Corn Muffin ^ Salad Bar Selections	PIZZA DIPPERS ^ Marinara Dipping Sauce BBQ CHICKEN Hamburger Bun ^ TURKEY HAM & CHEESE PANINI ^ Fresh Banana* Diced Pears Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes
19	20	21	22	23
CHICKEN NUGGETS DIPPERS Marinara Dipping Sauce MACARONI & CHEESE ^ Mixed Fruit Cup Pineapple Tidbits Breadstick (IW)^ Salad Bar Selections	HAMBURGER RANCH TURKEY BURGER Chipotle Ranch Hamburger Bun SAUSAGE PIZZA WEDGE Diced Pears Salad Bar Selections Black Beans Pickle Chips	MINI CORN DOGS CHICKEN NUGGETS Honey Mustard Cup Buffalo Ranch Cup MINI CHEESE RAVIOLI WITH SAUCE ^ Fresh Banana* Diced Peaches Snickerdoodle Cookie ^ Salad Bar Selections	CHEESE PIZZA WEDGE ^ DELI SUB SANDWICH ^ Hamburger Bun ^ SPICY CHICKEN FILLET Hamburger Bun ^ Fresh Apple* Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins	VEGETARIAN CHILI W/ BEANS Corn Muffin ^ PEPPERONI PIZZA WEDGE ^ CHEESY PARM WRAP ^ Fresh Orange* Salad Bar Selections
26	27	28	29	30
POPCORN CHICKEN TURKEY & CHEESE SANDWICH ^ Applesauce Cup Diced Pears Multi Grain Sun Chips ^ Salad Bar Selections	PEPPERONI PIZZA WEDGE ^ CHICKEN RANCH FLATBREAD ^ TOASTED CHEESE SANDWICH ^ Mixed Fruit Cup Salad Bar Selections Green Pepper Slices	CHICKEN TENDERS Potato Wedges BAGEL DOG ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Fresh Banana* Chocolate Cookie ^ Salad Bar Selections Black Beans Corn	SALISBURY STEAK W/ GRAVY Mashed Potatoes CRISPY CHICKEN FILLET Hamburger Bun ^ CHEESE PIZZA WEDGE ^ Fresh Apple* Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes	BEAN & CHEESE BURRITO ^ Salsa Cup SAUSAGE PIZZA WEDGE ^ BBQ CHICKEN Hamburger Bun Diced Peaches Salad Bar Selections

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat



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