

MARCH

Lunch



Muroc JUSD Jr.-Sr. High School Lunch

C3S - Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
				1 RANCH TURKEY BURGER SPICY CHICKEN FILLET Hamburger Bun ^ CHEESE PIZZA WEDGE ^ Fruit Punch Juice Diced Peaches Salad Bar Selections
4 "NATIONAL BREAKFAST WEEK" PANCAKES & SAUSAGE ^ Syrup CHICKEN TENDERS Breadstick (IW)^ Applesauce Cup Fruit Punch Juice Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes	5 POPCORN CHICKEN HAMBURGER Hamburger Bun ^ SAUSAGE PIZZA WEDGE ^ Mixed Fruit Cup Grape Juice Pretzel ^ Salad Bar Selections Pickle Chips	6 TACO MEAT Soft Tortilla ^ PIZZA DIPPERS ^ Marinara Dipping Sauce BEAN & CHEESE BURRITO ^ Salsa Cup Diced Peaches Apple Juice Tortilla Rounds ^ Salad Bar Selections	7 MEATBALLS W/TOMATO SAUCE HOT DOG Hot Dog Bun ^ MINI CHEESE RAVIOLI WITH SAUCE ^ Fresh Apple* Vanilla Cookie ^ Salad Bar Selections Black Beans Corn	8 CHEESE PIZZA WEDGE CRISPY CHICKEN PATTY ^ Hamburger Bun ^ TURKEY & CHEESE SANDWICH ^ Fresh Banana* Orange-Tangerine Juice Salad Bar Selections
11 MEATLOAF W/TOMATO SAUCE Hamburger Bun ^ CHICKEN DIPPERS Salsa Cup Mixed Fruit Cup Orange Sorbet 100% Juice Multi Grain Sun Chips ^ Salad Bar Selections	12 PEPPERONI PIZZA WEDGE ^ HAMBURGER Hamburger Bun ^ 4-CHEESE PANINI ^ Diced Peaches Fruit Punch Juice Salad Bar Selections	13 "SPECIAL MEAL" CHICKEN WINGS Corn Muffin ^ PIZZA DIPPERS ^ Marinara Dipping Sauce TURKEY BURGER Hamburger Bun ^ Chipotle Ranch Diced Peaches Apple Juice Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Croutons ^	14 BBQ CHICKEN Hamburger Bun ^ HOT DOG Hot Dog Bun ^ CHEESE PIZZA WEDGE ^ Fresh Apple* Vanilla Cookie ^ Salad Bar Selections Black Beans	15 BEAN & CHEESE BURRITO ^ SPICY CHICKEN FILLET Hamburger Bun ^ TURKEY BOLOGNA SANDWICH ^ Fresh Banana* Grape Juice Salad Bar Selections
18 PENNE PASTA W/ MEAT SAUCE CHICKEN NUGGETS DIPPERS Marinara Dipping Sauce Applesauce Cup Orange-Tangerine Juice Breadstick (IW)^ Salad Bar Selections Fresh Spinach Leaves Fresh Grape Tomatoes Croutons ^	19 CORN DOG ON A STICK ^ HAMBURGER Hamburger Bun BEAN & CHEESE BURRITO ^ Diced Peaches Craisins Salad Bar Selections Black Beans Corn	20 DELI SUB SANDWICH ^ PIZZA DIPPERS ^ Marinara Dipping Sauce CHEESY PARM WRAP ^ Diced Peaches Fruit Punch Juice Salad Bar Selections Pickle Chips	21 CHICKEN TACO Tortilla Rounds ^ HOT DOG Hot Dog Bun ^ MAC & CHEESE ^ Fresh Apple* Chocolate Cookie ^ Salad Bar Selections Green Pepper Slices	22 VEGETARIAN CHILI W/ BEANS Corn Muffin ^ CRISPY CHICKEN PATTY ^ Hamburger Bun ^ PEPPERONI PIZZA WEDGE ^ Fresh Orange* Apple Juice Salad Bar Selections
25 MEATLOAF PANINI ^ CHICKEN TENDERS Mixed Fruit Cup Orange-Tangerine Juice Multi Grain Sun Chips ^ Salad Bar Selections	26 CHICKEN RANCH FLATBREAD ^ HAMBURGER Hamburger Bun ^ TOASTED CHEESE SANDWICH ^ Diced Peaches Grape Juice Salad Bar Selections	27 RANCH TURKEY BURGER Hamburger Bun ^ PIZZA DIPPERS ^ Marinara Dipping Sauce SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^ Diced Peaches Fruit Punch Juice Salad Bar Selections Black Beans	28 CHICKEN PARMESAN ^ HOT DOG Hot Dog Bun ^ CHEESE PIZZA WEDGE Fresh Apple* Corn Muffin ^ Salad Bar Selections Fresh Spinach Leaves Garden Green Peas Fresh Zucchini Coins Croutons ^	29 FRENCH BREAD CHEESE PIZZA ^ SPICY CHICKEN FILLET Hamburger Bun TURKEY HAM & CHEESE PANINI ^ Fresh Pear* Pineapple Tidbits 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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