

Tonawanda HS 9-12 Lunch Menu



March 2018



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p><u>Choice of Milk Available with Lunch:</u> Low-Fat White, Fat Free White, Fat Free Chocolate</p> <p><u>Entrees Available Daily</u> Fast Take Sandwiches, Specialty Pizza, Salads, Assorted Subs and Wraps Peanut Butter & Jelly Sandwich Baby Carrots (1/4 c) All Breads and Grains are Whole Grain Rich</p>			<p>1</p> <p>Soft Shell Tacos & Salsa</p> <p>-----</p> <p>Corn Niblets or Vegetarian Beans</p> <p>-----</p> <p>Fresh Fruit or Diced Pears</p>	<p>2</p> <p>Bacon Cheeseburger</p> <p>-----</p> <p>Sweet Peas or Green Beans</p> <p>-----</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>
<p>5</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>-----</p> <p>Tossed Salad or Roasted Cauliflower</p> <p>-----</p> <p>Fresh Fruit or Mandarin Oranges</p>	<p>6</p> <p>Cheeseburger Meatloaf Sandwich</p> <p>-----</p> <p>Whipped Potatoes & Gravy and Corn</p> <p>-----</p> <p>Fresh Fruit or Diced Peaches</p>	<p>7</p> <p>Bacon Wrapped Hot Dog</p> <p>-----</p> <p>Oven Fries or Sweet Baby Peas</p> <p>-----</p> <p>Fresh Fruit or Applesauce</p>	<p>8</p> <p>Grilled Cheese Sandwich</p> <p>-----</p> <p>Tomato Soup and Carrots</p> <p>-----</p> <p>Fresh Fruit or Diced Pears</p>	<p>9</p> <p>French Bread Pizza</p> <p>-----</p> <p>Broccoli or Green Beans</p> <p>-----</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>
<p>Choose 3 to 5 components each day, which may include 1 entrée. One of the components must be a fruit or vegetable.</p>				
<p>12</p> <p>Buffalo Chicken Sub</p> <p>-----</p> <p>Sweet Potatoes or Corn Niblets</p> <p>-----</p> <p>Fresh Fruit or Pineapple Tidbits</p>	<p>13</p> <p>Hot & Spicy Chicken Patty Sandwich</p> <p>-----</p> <p>Tossed Romaine Salad or Mixed Vegetables</p> <p>-----</p> <p>Fresh Fruit or Strawberries</p>	<p>14</p> <p>Chicken Fajita Quesadilla w/ Salsa</p> <p>-----</p> <p>Baked Oven Fries or Carrot Sticks</p> <p>-----</p> <p>Fresh Fruit or Applesauce</p>	<p>15</p> <p>Taco in a Bag w/ Rice</p> <p>-----</p> <p>Vegetarian Beans or Green Beans</p> <p>-----</p> <p>Fresh Fruit or Pears</p>	<p>16</p> <p>Staff Development Day</p> <p style="text-align: center;"></p>
<p>19</p> <p>BBQ Burger on Bun</p> <p>-----</p> <p>Baked Beans or Sweet Peas</p> <p>-----</p> <p>Fresh Fruit or Mandarin Oranges</p>	<p>20</p> <p>Chicken Parmesan Sub</p> <p>-----</p> <p>Roasted Brussel Sprouts or Corn Niblets</p> <p>-----</p> <p>Fresh Fruit or Diced Peaches</p>	<p>21</p> <p>Pancakes & Syrup w/ Sausage</p> <p>-----</p> <p>Crispy Tater Tots or Broccoli</p> <p>-----</p> <p>Fresh Fruit or Applesauce</p>	<p>22</p> <p>Chicken Nuggets w/ Dinner Roll</p> <p>-----</p> <p>Steamed Carrots or Green Beans</p> <p>-----</p> <p>Fresh Fruit or Diced Pears</p>	<p>23</p> <p>Philly Steak Calzone</p> <p>-----</p> <p>Tossed Romaine Salad or Cauliflower</p> <p>-----</p> <p>Fresh Fruit or Assorted Mixed Fruit</p>
<p>26</p> <p>Trio Basket (Chicken Nuggets, Mozzarella Sticks & Pizza Strip)</p> <p>-----</p> <p>Corn Niblets or Zucchini</p> <p>-----</p> <p>Fresh Fruit or Pineapple Tidbits</p>	<p>27</p> <p>Spaghetti & Meatballs w/ Garlic Toast</p> <p>-----</p> <p>Tossed Romaine Salad or Mixed Vegetables</p> <p>-----</p> <p>Fresh Fruit or Diced Peaches</p>	<p>28</p> <p>French Toast Sticks & Syrup w/ Sausage</p> <p>-----</p> <p>Baked Tater Tots or Carrot Sticks</p> <p>-----</p> <p>Fresh Fruit or Applesauce</p>	<p>29</p> <p>Nachos Grande w/ Rice</p> <p>-----</p> <p>Mexican Beans or Brussel Sprouts</p> <p>-----</p> <p>Fresh Fruit or Diced Pears</p>	<p>Spring Recess</p> <p style="text-align: center;"></p> <p>Choose MyPlate gov</p>

Meal Components:

Protein, Grain, Fruit
Vegetables & Milk

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