Menus for March 2020

Monelison Middle School

This institution is an equal opportunity provider. Menus are subject to change.

Featured Specials of the Day

Monday, March 2
Salisbury Steak w/WG Roll
Mashed Potatoes
Mixed Greens

Tuesday, March 3
Flatbread Sandwich
Cauliflower Medley
Oven Fries

Wednesday, March 4
Chili Cheese Dog
Baked Beans
Golden Corn

Thursday, March 5
Chicken Casserole w/WG Roll
Green Beans
Oven Fries

Friday, March 6
Manager’s Choice
Garden Salad
Carrots w/dip

Available Daily

Skim and 1% Unflavored Milk, Fat Free Chocolate, Strawberry and Vanilla Milk

Breakfast—Fresh Fruit, 100% Juice, Breakfast Biscuits, Breakfast Pizza, Cereal, Cereal Bars, Yogurt Parfait

Lunch—Fresh Fruit, 100% Juice, Chef Salads, Side Salads, Subs, Pizza or Pizza Crunchers, Chicken Nuggets, Chicken Filet, PB&J Uncrustable, Yogurt Parfait, Baked Potato w/cheese, Nachos on certain week days

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March 2020

Featured Specials of the Day

Monday, March 9
Roasted Chicken w/WG Roll
Pinto Beans
Sweet Potatoes

Tuesday, March 10
Chicken Tender Wrap
Sweet Peas
Oven Fries

Wednesday, March 11
Biscuit, Eggs & Sausage
Baked Apples
Tater Tots * Carrots w/dip

Thursday, March 12
Corn Dog Nuggets
Green Beans
Oven Fries

Friday, March 13
Pasta w/WG Breadstick
Steamed Brocoli
Cucumber Slices w/dip

OFF THE CLOCK.
A clock can’t always tell you when it’s time for breakfast! Eat at home, before you start your day. Or eat when you get where you’re going. Or eat something mid-morning. Research even suggests we learn and feel better when we eat TWO smaller healthy breakfasts.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

CAN IT.
Research continues to show that drinking regular soda has zero upside for your health and plenty of down-side. Why not make this the year you “can” your sugary soda habit? And satisfy your sweet tooth with fresh fruit!
**Featured Specials of the Day**

**Monday, March 16**
Buffalo Chicken Sub  
Green Beans  
Sweet Potatoes

**Tuesday, March 17**
Smokehouse BBQ on Bun  
Baked Beans  
Oven Fries

**Wednesday, March 18**
Salisbury Steak w/WG Roll  
Mashed Potatoes  
Cabbage

**Thursday, March 19**
Chicken Alfredo French Bread Pizza  
Broccoli w/dip  
Oven Fries

**Friday, March 20**
No School  
Teacher Workday

**Monday, March 23**
Chicken Fajitas w/Brown Rice  
Refried Beans  
Lettuce, Tomato

**Tuesday, March 24**
Steak & Cheese Sub  
Glazed Carrots  
Oven Fries

**Wednesday, March 25**
Asian Chicken w/Brown Rice  
California Blend Veggies  
Cucumber Slices w/dip

**Thursday, March 26**
Popcorn Shrimp  
Cole Slaw  
Oven Fries

**Friday, March 27**
Pasta w/WG Breadstick  
Steamed Broccoli  
Garden Salad