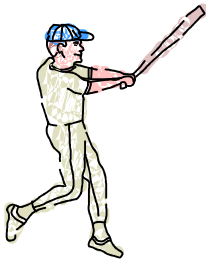


# March 2023

# Jr. High School

Monday		Tuesday		Wednesday		Thursday			
		Menu Subject to change		1 Breakfast Blueberry Parfait/Cereal/Mini Waffles/Oatmeal w/ Cranberries Milk/Fruit/Juice  Lunch Pepperoni Pizza Bread Garden Salad/ Ranch Peach Cup Milk		2 Breakfast Bagel w/ Cream Cheese/ French Toast/Cereal/ Breakfast Burrito Milk/ Fruit/Juice  Lunch Spaghetti/Garlic Bread Mixed Vegetables/Orange Milk		3 Breakfast Cinnamon Roll/Cereal Bar Yogurt/Graham Cracker Tart Milk, Fruit & Juice  Lunch Chicken Burger Baked French Fries Spinach Salad/Apple Milk	
		USDA is an equal opportunity employer.							
6 Breakfast Oatmeal w/ Raisins/Cereal Breakfast Pizza/Donut Bar Milk, Fruit & Juice  Lunch Grilled Teriyaki Chicken Sandwich Baked Sun Chips/Carrot Sticks Spinach Salad/ Mixed Fruit Milk		7 Breakfast Pancakes/Cereal/Choc. Muffin Egg & Sausage English Muffin Milk, Fruit & Juice  Lunch Beef Taco Salad Refried Beans/Spanish Rice Diced Pears/Corn Milk		8 Breakfast Blueberry Parfait/Cereal Mini Waffles/Oatmeal w/ Raisins Milk, Fruit & Juice  Lunch Pepperoni Pizza Bread Green Beans/Salad Strawberry Cup Milk		9 Breakfast French Toast/Cereal/Bagel/ Breakfast Burrito Milk, Fruit & Juice  Lunch White Chili/Corn Bread Mixed Fruit Cucumber Slices Milk		10 Breakfast Cinnamon Roll/Cereal Bar Cereal/Yogurt w/ Grams Milk, Fruit & Juice  Lunch Cheese Burger Baked French Fries Spinach Salad Strawberry Cup Milk	
13 Breakfast Pancakes/Cereal Bar Breakfast Pizza/Donut Bar Milk/Fruit/Juice  Lunch Bean & Cheese Burrito Baked Sun Chips Apple Sauce/Corn Milk		14 Breakfast Blueberry Muffin/Breakfast Egg & Sausage English Muffin Milk/Fruit/Juice  Lunch Orange Chicken/Rice Bowl Mixed Vegetables Diced Peaches Carrot Sticks Milk		15 Breakfast Strawberry Parfait/Cereal Mini Waffles/Oatmeal w/ Raisins Milk, Fruit & Juice  Lunch Pepperoni Pizza Bread Garden Salad Mixed Berry Cup Milk		16 Breakfast French Toast / Bagel / Cereal Breakfast Burrito Milk, Fruit & Juice  Lunch Turkey Gravy/Mashed Potatoes w/ G Roll/Peas Cranberries Milk		17 Breakfast Cinnamon Roll/Cereal Bar Cereal/Yogurt w/ Grams Milk, Fruit & Juice  Lunch Chicken Burger Baked French Fries Spinach Salad Orange Slices Milk	
20 Breakfast Oatmeal w/ Raisins/Cereal Pancakes/Breakfast Pizza Milk, Fruit & Juice  Lunch Grilled Teriyaki Chicken Sandwich Garden Salsa Chips Apple Sauce/Salad Milk		21 Breakfast Chocolate Muffin/Breakfast Egg & Sausage English Muffin Milk, Fruit & Juice  Lunch Chicken Noodle Soup Turkey & Cheese Sandwich/Diced Pears/Salad Milk		22 Breakfast Fresh Berry Parfait/Cereal Mini Waffles/ Oatmeal w/ Raisins Milk, Fruit & Juice  Lunch Pizza Bread Green Beans/Salad Strawberry Cup Milk		23 Breakfast Mini Waffles/Cereal French Toast/Bagel Milk, Fruit & Juice  Lunch Chili Beans/Corn Muffin Blueberries/Salad Carrot Sticks Milk		24 Breakfast Cinnamon Roll/Cereal Bar Yogurt w/ Grams/Cereal Milk, Fruit & Juice  Lunch Cheese Burger/Baked Fries Spinach Salad Cranberries Milk	
27 Breakfast Pancakes/Cereal Bar Breakfast Pizza/ Donut Bar Milk, Fruit & Juice  Lunch Bean & Cheese Burrito Harvest Cheddar Sun Chip Mixed Fruit/ Carrot Sticks Milk		28 Breakfast Egg & Cheese English Muffin Cereal/Pancakes/ Muffin Milk, Fruit & Juice  Lunch Beef Nacho's Refried Bean/ Spanish Rice Diced Peaches Milk		29 Breakfast Strawberry Parfait/Pancake Wrap/Breakfast Bar/Cereal Milk  Lunch Pepperoni Pizza Garden Salad w/ Ranch Mixed Berry Cup Milk		30 Breakfast French Toast/Cereal/Bagel Breakfast Burrito Milk, Fruit & Juice  Lunch Baked Chicken/Rice Pilaf Peas w/ G Roll/ Orange Slices Milk		31 Breakfast Cinnamon Roll/ Cereal Bar Yogurt w/ Grams/ Cereal Milk, Fruit & Milk  Lunch Chicken Burger Baked French Fries Garden Salad / Apple Sauce Milk	