



## MARCH 2017: J.H.S. & Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>CHICKEN DELIGHTS</b>	<b>BURGER BASH</b>	<b>CULINARY</b>	<b>NEW YORK</b>	<b>PIZZA PARTY</b>	
 <p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED &amp; PRODUCED FOOD</p>		1	New York Thursday 2	3	
		Chicken Dumplings with Asian Dipping Sauce Vegetable Fried Rice <u>Eat Your Colors</u> Vegetable Stir Fry <u>Salad Bar</u> Spring Mix Salad	Macaroni and Cheese NY Soft Pretzel <u>Eat Your Colors</u> Cold Bean Salad <u>Salad Bar</u> Caesar Salad Champlain Valley NY Apple Slices	Pizza Slice Sausage Pizza Mozzarella Sticks Marinara Sauce <u>Eat Your Colors</u> Kale Salad <u>Salad Bar</u> Greek Zucchini Salad	
	6	7	8	New York Thursday 9	10
	Crispy Chicken Tenders Dipping Sauce Cup Rold Gold® Heartzels <u>Eat Your Colors</u> Chick Pea Salad <u>Salad Bar</u> Confetti Corn Salad	100% Beef Hamburger Sliders Deluxe Toppings Fish & Cheese Sandwich <u>Eat Your Colors</u> Seasoned Wedge Fries <u>Salad Bar</u> Ranch Carrot Snacker	Mozzarella Stick Marinara Sauce Toasty Bread Stick <u>Eat Your Colors</u> Garlicky Green Beans <u>Salad Bar</u> Celery & Apple Salad	Deli Sandwiches Italian Hero Spinach & Cheese Ravioli Cookie Treat <u>Eat Your Colors</u> Sweet Potato Waffle Fries <u>Salad Bar</u> Caesar Salad Apple Slices	Pizza Slice Bruschetta Pizza <u>Eat Your Colors</u> Green Garden Salad <u>Salad Bar</u> Broccoli and Cranberry Salad
	13	14	15	New York Thursday 16	17
Popcorn Chicken Dipping Sauce Cup Dinner Roll <u>Eat Your Colors</u> Brooklyn Baked Beans <u>Salad Bar</u> Sliced Cucumbers	100% Grass Fed Beef Burger Deluxe Toppings Turkey Burger Deluxe Toppings <u>Eat Your Colors</u> French Fries <u>Salad Bar</u> Marinated Vegetable Salad	Korean BBQ Roasted Chicken Sesame Lo-Mein <u>Eat Your Colors</u> Egg Roll With Duck sauce <u>Salad Bar</u> Asian Slaw	New York Thursday 16 Jamaican Patty Frito-Lay® SunChips® <u>Eat Your Colors</u> Sweet Potato Wedges <u>Salad Bar</u> Spring Mix Salad Champlain Valley NY Apple Slices	Pizza Slice Pineapple & Ham Pizza Mozzarella Sticks Marinara Sauce <u>Eat Your Colors</u> Green Garden Salad <u>Salad Bar</u> Carrot & Lemon Salad	
20	21	22	New York Thursday 23	24	
Crispy Chicken Parmigiana Hero Sweet Potato Wedges <u>Eat Your Colors</u> Sweet Potato Wedges <u>Salad Bar</u> Italian Classico Salad	100% Beef Cheeseburger Sliders Deluxe Toppings Fish & Cheese Sandwich <u>Eat Your Colors</u> Seasoned Wedge Fries <u>Salad Bar</u> Marinated Green Beans New York Apple Slices	Bite Size Beef Tacos With Fresh Toppings Taco Sauce Baked! Tostitos® Scoops® Brown Rice <u>Eat Your Colors</u> "Callaloo" Spinach <u>Salad Bar</u> Greek Zucchini Salad	New York Thursday 23 Cheese Steak on NY Hero Roll Turkey Bologna, Turkey Salami & Cheese Sandwich <u>Eat Your Colors</u> Sweet Plantains Roasted Zucchini <u>Salad Bar</u> Seasoned Black Beans NY Apples	Pizza Slice Chicken Ranch Pizza <u>Eat Your Colors</u> Chick Pea Salad <u>Salad Bar</u> Spinach, Tomato & Roasted Red Pepper Salad	
27	28	29	New York Thursday 30	31	
Popcorn Chicken Dipping Sauce Cup Toasty Breadstick <u>Eat Your Colors</u> Sweet Potato Waffle Fries <u>Salad Bar</u> Ranch Carrot Snacker	100% Beef Cheeseburger Deluxe Toppings Turkey Burger Deluxe Toppings <u>Eat Your Colors</u> French Fries <u>Salad Bar</u> Spring Mix Salad	Mozzarella Sticks Marinara Sauce Pasta Choice <u>Eat Your Colors</u> Roasted Zucchini <u>Salad Bar</u> Spring Mix Salad	New York Thursday 30 Macaroni and Cheese NY Soft Pretzel <u>Eat Your Colors</u> Cold Bean Salad <u>Salad Bar</u> Caesar Salad Champlain Valley NY Apple Slices	Classic Cheese Flatbread Pizza <u>Eat Your Colors</u> Kale Salad <u>Salad Bar</u> Greek Zucchini Salad	

Offered Daily: Milk (1% low fat, fat free & fat free chocolate), Fresh Fruit, Canned Fruit, PB&J, and Cheese Sandwiches, Hummus & Whole Wheat Crackers (8 packs) or Pretzel Grab & Go  
 Flavor Station(on Pizza and Pasta days): Granulated Garlic, Red Pepper Flakes, Parmesan Cheese, Oregano  
 Dipping Sauce Cups: BBQ, Honey Mustard, Ranch  
 Condiments: Ketchup, Mustard, Mayonnaise, Hot Sauce  
 Dressings: Asian Sesame, Balsamic Vinaigrette, Caesar, Chipotle Ranch, Ranch, French, Honey Mustard, Italian Vinaigrette

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MENUS ARE SUBJECT TO CHANGE