



# March 2019

## K8 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Job Opportunity</b> Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.</p>				<p><b>Dr. Seuss Birthday</b></p>	
<p><b>Fuel – MS ONLY</b> Fuel Item Mar 4-7: Hang Time Basket Fuel Item Mar 18-22: Buzzer Beater Basket</p>				<p><b>More Info...</b> Offered Daily to MS students:</p> <ul style="list-style-type: none"> <li>*Featured Entrée</li> <li>*Featured Salad</li> <li>*Esta Fiesta Bar Beans &amp; Rice</li> <li>*Featured Deli Selections: Variety of Deli Sandwiches, PB&amp;J Sandwiches, Pretzel, Yogurt &amp; Cheese Packs</li> <li>*Featured Pizza Selections: Cheese Pizza, Pepperoni Pizza*, Make Your Own Bagel Pizza, Manager's Special</li> <li>*Featured Grill Selections: Cheeseburger, Grilled Chicken Sandwich, Breaded Chicken Sandwich</li> <li>*Breadstick or Pretzels</li> <li>*Assorted Juice</li> <li>*Assorted Milk: 1% White, 1% Chocolate, Skim: Vanilla, Strawberry</li> <li>Additional Weekly Grill Options: Spicy Chicken Sandwich, Popcorn Chicken, Chicken Tenders, Hot Dog</li> <li>*May contain pork</li> </ul> <p><b>Lunch Prices MS/ES:</b> Full Priced: \$2.90/\$2.65 Reduced: \$.40/\$.40</p> <p>Menus are subject to change without notice.</p>	
<p>4 Beef Soft Tacos Egg Chef Salad PB&amp;J Sandwich Dinner Roll Black Beans Side Salad Baby Carrots Assorted Fruits</p>	<p>5 Swt &amp; Sour Popcorn Chix w. Broccoli Popcorn Chix Salad PB&amp;J Sandwich Dinner Roll/Plain Rice Roasted Mixed Vegetables Red Pepper Strips Assorted Fruits</p>	<p>6 Chix Fajitas Ranch Chix Salad PB&amp;J Sandwich Dinner Roll Swt Potato Fries Fresh Zucchini Assorted Fruits</p>	<p>7 Breaded Fish Melt Ham Chef Salad* PB&amp;J Sandwich Dinner Roll Garden Salad Green Beans Assorted Fruits</p>		<p>8 <b>No School</b></p>
<p>11 <b>Spring Break</b></p>					
<p>12 <b>Spring Break</b></p>					
<p>13 <b>Spring Break</b></p>					
<p>14 <b>Spring Break</b></p>					
<p>15 <b>Spring Break</b></p>					
<p>18 Fish Sticks Egg Chef Salad PB&amp;J Sandwich Dinner Roll Sliced Carrots Fresh Tomato Wedges Assorted Fruits</p>					
<p>19 Beef Ravioli Popcorn Chix Salad PB&amp;J Sandwich Dinner Roll Side Salad Fresh Cucumber Slices Assorted Fruits</p>					
<p>20 <b>First Day of Spring</b> Salisbury Steak Chicken Caesar Salad PB&amp;J Sandwich Dinner Roll Mashed Potatoes Green Beans Assorted Fruits Spring Carnival Cookie</p>					
<p>21 Chix Parmesan Sub Turkey Chef Salad PB&amp;J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits</p>					
<p>22 Pepperoni or Cheese Pizza Chicken &amp; Chz Salad PB&amp;J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits</p>					
<p>25 Nacho Chz Walking Taco Egg Chef Salad PB&amp;J Sandwich Dinner Roll Corn Baby Carrots Assorted Fruits</p>					
<p>26 Chix &amp; Maple Syrup Waffle Breaded Buffalo Chix Salad PB&amp;J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits</p>					
<p>27 Orange PopChix w. Broccoli Turkey &amp; Chz Salad PB&amp;J Sandwich Plain Rice Dinner Roll Swt Potato Bites Fresh Zucchini Assorted Fruits</p>					
<p>28 Beef Soft Tacos Popcorn Chix Salad PB&amp;J Sandwich Dinner Roll Black Charro Beans Fresh Tomato Wedges Assorted Fruits</p>					
<p>29 Pepperoni or Cheese Pizza <b>Chicken Tender Dunks</b> PB&amp;J Sandwich Dinner Roll Fresh Broccoli Baby Carrots Assorted Fruits</p>					

**March Madness Week**

**Nutrition Services Vision: "To provide meals and service that enrich and nourish lives."**

### Special News...

Free and Reduced Meal Applications can be filled out online at <https://frapps.horizonsolana.com/SPRR01> or you can pick up a paper version at your school office.

"This institution is an equal opportunity provider."

**What is a Reimbursable Lunch?**

Must choose 3 components with one being 1/2 cup fruit or vegetable.

1. Whole Grain
2. Fruit
3. Vegetable
4. Meat/Meat Alternate
5. Milk-1%, Skim

