

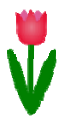
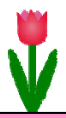





March 2019

Study Lunch Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					Dr. Seuss Birthday
(4)	Job Opportunity Looking for flexibility? Part-Time or Full-Time hours? No nights or weekends? Nutrition Services employees needed. To apply, please call 523-1116.				More Info... Offered Daily to MS students: *Featured Entrée *Featured Salad *Esta Fiesta Bar Beans & Rice *Featured Deli Selections: Variety of Deli Sandwiches PB&J Sandwiches Pretzel, Yogurt & Cheese Packs *Featured Pizza Selections Cheese Pizza Pepperoni Pizza* Make Your Own Bagel Pizza Manager's Special *Featured Grill Selections: Cheeseburger, Grilled Chicken Sandwich Breaded Chicken Sandwich *Breadstick or Pretzels
4	Beef Soft Tacos Egg Chef Salad PB&J Sandwich Dinner Roll Black Beans Side Salad Baby Carrots Assorted Fruits	Swt & Sour Popcorn Chix w. Broccoli Popcorn Chix Salad PB&J Sandwich Dinner Roll/Plain Rice Roasted Mixed Vegetables Red Pepper Strips Assorted Fruits	Chix Fajitas Ranch Chix Salad PB&J Sandwich Dinner Roll Swt Potato Fries Fresh Zucchini Assorted Fruits	Breaded Fish Melt Ham Chef Salad* PB&J Sandwich Dinner Roll Garden Salad Green Beans Assorted Fruits	1 Pepperoni or Cheese Pizza* Green Eggs & Ham PB&J Sandwich Dinner Roll Steamed Broccoli Fresh Cucumber Slices Assorted Fruits
(5)	5 Beef Soft Tacos Egg Chef Salad PB&J Sandwich Dinner Roll Black Beans Side Salad Baby Carrots Assorted Fruits	6 Chix Fajitas Ranch Chix Salad PB&J Sandwich Dinner Roll Swt Potato Fries Fresh Zucchini Assorted Fruits	7 Breaded Fish Melt Ham Chef Salad* PB&J Sandwich Dinner Roll Garden Salad Green Beans Assorted Fruits	8 No School	
(1)	11 Spring Break 	12 Spring Break 	13 Spring Break  First Day of Spring	14 Spring Break 	15 Spring Break 
(2)	18 Fish Sticks Egg Chef Salad PB&J Sandwich Dinner Roll Sliced Carrots Fresh Tomato Wedges Assorted Fruits	19 Beef Ravioli Popcorn Chix Salad PB&J Sandwich Dinner Roll Side Salad Fresh Cucumber Slices Assorted Fruits	20 Salisbury Steak Chicken Caesar Salad PB&J Sandwich Dinner Roll Mashed Potatoes Green Beans Assorted Fruits Spring Carnival Cookie	21 Chix Parmesan Sub Turkey Chef Salad PB&J Sandwich Dinner Roll Campfire Chipotle Beans Red Pepper Strips Assorted Fruits	22 Pepperoni or Cheese Pizza Chicken & Chz Salad PB&J Sandwich Dinner Roll Steamed Broccoli Baby Carrots Assorted Fruits
(3)	25 Nacho Chz Walking Taco Egg Chef Salad PB&J Sandwich Dinner Roll Corn Baby Carrots Assorted Fruits	26 Chix & Maple Syrup Waffle Breaded Buffalo Chix Salad PB&J Sandwich Dinner Roll Green Beans Red Pepper Strips Assorted Fruits	27 Orange PopChix w. Broccoli Turkey & Chz Salad PB&J Sandwich Plain Rice Dinner Roll Swt Potato Bites Fresh Zucchini Assorted Fruits	28 Beef Soft Tacos Popcorn Chix Salad PB&J Sandwich Dinner Roll Black Charro Beans Fresh Tomato Wedges Assorted Fruits	29 Pepperoni or Cheese Pizza Chicken Tender Dunks PB&J Sandwich Dinner Roll Fresh Broccoli Baby Carrots Assorted Fruits

March Maddness 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

