



LAINSBURG MIDDLE SCHOOL ~ MARCH 2017 ~ LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 *CHICKEN TACO W / LETTUCE & CHEESE ON W/G TORTILLA *FIESTA PIZZA REFRIED BEANS PINEAPPLE TIDBITS TACO SAUCE, SALSA & SOUR CREAM	2 *SLOPPY JOE ON A W/W BUN *SPICY CHICKEN SANDWICH ON A W/W BUN BROCCOLI DICED PEACHES PICKLES, HONEY MUSTARD, & KETCHUP	3 *CHEESE PIZZA *CHEESEBURGER W / LETTUCE & TOMATO ON A W/W BUN CAULIFLOWER FRESH FRUIT KETCHUP, MUSTARD, & PICKLES
6 *POPCORN CHICKEN W/ ROLL *CORN DOG FRENCH FRIES CINNAMON APPLESAUCE KETCHUP & MUSTARD BBQ SAUCE HONEY MUSTARD	7 *SPAGHETTI W / MEATBALLS W/G BREADSTICK *FISH SUB W /CHEESE, LETTUCE & TOMATO & TARTER SAUCE GREEN BEANS FRESH FRUIT	8 *NACHOS DELUXE W / MEAT, BEANS, & CHEESE SAUCE WITH W/G CHIPS *CHICKEN QUESADILLA PINTO BEANS JUICE SALSA SOUR CREAM	9 *MOZZARELLA STICKS W / MARINARA SAUCE *TURKEY CHEESEBURGER W / LETTUCE & TOMATO ON A W/G BUN SWEET POTATO FRIES DICED PEARS KETCHUP, MUSTARD, & PICKLES	10 ½ DAY NO LUNCH SERVED
13 *CHICKEN NUGGETS W / ROLL *CHEESE QUESADILLA W / SALSA & SOUR CREAM BABY CARROTS W/DIP PINEAPPLE TIDBITS KETCHUP HONEY MUSTARD	14 *BBQ PULLED PORK ON A W/G BUN *MINI CORN DOGS BAKED BEANS MANDARIN ORANGES KETCHUP MUSTARD	15 *WALKING TACO W / MEAT, CHEESE, LETTUCE, & DORITO CHIPS *RED CHILI BURRITO PEAS JUICE TACO SAUCE, SALSA, & SOUR CREAM	16 *MACARONI & CHEESE W / ROLL *FLAT BREAD PIZZA BROCCOLI STRAWBERRY BANANA APPLESAUCE	17 *CHEESE PIZZA *RIB-B-Q ON A W/G BUN GREEN BEANS FRESH FRUIT BBQ SAUCE 
20 *CHICKEN NOODLE SOUP W/ CRACKERS *FRENCH BREAD PIZZA CARROTS APPLESAUCE	21 *CHEESEBURGER ON A W/G BUN *SPICY CHICKEN PATTY ON A W/G BUN FRENCH FRIES DICED PEACHES KETCHUP, MUSTARD, & PICKLES RANCH OR HONEY MUSTARD	22 *CHEESE QUESADILLA *CHICKEN FAJITA W/CHEESE REFRIED BEANS PINEAPPLE TIDBITS SALSA & SOUR CREAM	23 *PIG-N-BLANKET *HOT HAM & CHEESE ON A W/G SUB BUN ROMAINE LETTUCE & TOMATO SALAD JUICE KETCHUP & MUSTARD RANCH, HONEY MUSTARD, OR ITALIAN DRESSING	24 ½ DAY NO LUNCH SERVED
27 *GRILLED CHEESE SANDWICH ON W/G BREAD *GRILLED CHICKEN SANDWICH ON W/G BUN W/LETTUCE & TOMATO TOMATO SOUP APPLESAUCE	28 *MINI CORN DOGS *BBQ CHICKEN PIZZA FRENCH FRIES TROPICAL FRUIT MIX KETCHUP, MUSTARD, & BBQ SAUCE	29 *SOFT TACO ON A W/G TORTILLA W/MEAT, CHEESE, & LETTUCE *FIESTA PIZZA REFRIED BEANS DICED PEARS TACO SAUCE SALSA & SOUR CREAM	30 *TURKEY BURGER ON A W/G BUN W/ LETTUCE & TOMATO *BAKED POTATO W/HAM & CHEESE, SOUR CREAM, & ROLL GREEN BEANS JUICE KETCHUP, MUSTARD, & PICKLES	31 *FRENCH BREAD PIZZA *CORN DOG ROMAINE LETTUCE & CARROT SALAD FRESH FRUIT KETCHUP & MUSTARD RANCH OR ITALIAN DRESSING

THE FOLLOWING ITEMS WILL BE AVAILABLE DAILY A LA CARTE:

COLD SUBS & HOT SUBS

MONDAY: CHICKEN CAESAR SALAD

TUESDAY: BLT SALAD WITH RANCH DRESSING

WEDNESDAY: CHICKEN CAESAR SALAD

THURSDAY: COBB SALAD WITH POPCORN CHICKEN & BLUE CHEESE DRESSING

FRIDAY: CHICKEN CAESAR SALAD

ADD FRUIT AND MILK TO ANY OF THE ABOVE AND IT COUNTS AS A FULL LUNCH.

Milk is offered with every lunch meal & all milk is 1% white or fat free

W/G= Whole Grain & W/W = Whole Wheat

The USDA is an equal opportunity provider and employer.



MARCH 2017 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 YOGURT GRAHAM CRACKERS FRUIT JUICE MILK	2 BLUEBERRY MUFFIN FRUIT JUICE MILK	3 CHOICE OF CEREAL SCOOBY SNACKS FRUIT JUICE MILK
6 BLUEBERRY GRANOLA BAR FRUIT JUICE MILK	7 CHOICE OF CEREAL GRAHAM CRACKERS RAISINS JUICE MILK	8 STRAWBERRY CREAM CHEESE BAGEL FRUIT JUICE MILK	9 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK	10 POP TART FRUIT JUICE MILK
13 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK	14 BLUEBERRY MUFFIN FRUIT JUICE MILK	15 SAUSAGE PANCAKE ON A STICK W/SYRUP FRUIT JUICE MILK	16 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK	17 APPLE CINNAMON CHEERIOS BAR FRUIT JUICE MILK
20 BLUEBERRY GRANOLA BAR FRUIT JUICE MILK	21 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK	22 CINNAMON ROLL FRUIT JUICE MILK	23 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK	24 YOGURT GRAHAM CRACKERS RAISINS JUICE MILK
27 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK	28 POP TART FRUIT JUICE MILK	29 BLUEBERRY MUFFIN FRUIT JUICE MILK	30 CHOICE OF CEREAL GRAHAM CRACKERS FRUIT JUICE MILK	31 STRAWBERRY CREAM CHEESE BAGEL FRUIT JUICE MILK