



March 2018 High School Lunch Menu

	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
Homemade Creations	Roasted BBQ Chicken Whole Grain Dinner Roll Fresh Cooked Kale Black Eyed Peas	Sweet & Sour Chicken Mashed Potatoes Seasoned Carrots	Salisbury Steak w/ Sauce Whole Grain Dinner Roll Seasoned Corn Brown Rice	Grilled Turkey Ham & Cheese Sandwich Tomato Soup Crinkle Cut Fries	Italian Roasted Chicken Green Beans Kickin Pinto Beans
Made to Order Sandwiches, Salads & Grill	Egg Salad Sandwich (V)	All American Sandwich	Cold Deli Turkey & Cheese Sandwich	Chicken Caesar Salad Whole Grain Saltine Crackers	Vegetable Burger w/ American Cheese (V)
Made to Order Grill & Pizza Zone	Buffalo Ranch Chicken Pizza	Cheese Pizza (V)	Cheeseburger Pizza	Bruschetta Pizza	Cheeseburger Pizza
Fiesta Zone	Baja Black Bean & Corn Salad (V) Whole Grain Saltine Crackers	Taco Salad w/ Tortilla Chips	Vegetable & Cheese Quesadilla (V) Sante Fe Rice	Bean & Cheese Burrito (V)	Beef Soft Taco

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(V) = Vegetarian

OFFERED DAILY: 100% Fruit Juice, Fruit (to include but not limited to apple/orange wedges, banana and grapes), & a Variety of Milk
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All menus are subject to change based on product availability





March 2018 High School Lunch Menu

	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
Homemade Creations	Glazed Turkey Ham Sweet Potatoes	Chicken Nuggets Corn	Roasted Chicken & Onion Sauce Seasoned Sweet Potato Fries	Salisbury Steak & Sauce Whole Grain Dinner Roll Green Bean Brown Rice	Roasted Turkey w Sauce Cornbread Dressing Peas & Carrots
Made to Order Sandwiches, Salads, and Grill	Deli Egg Salad (V)	Cold Turkey Ham & Cheese Sandwich Kickin Pinto Bean & Rice Bowl (V)	Penne Pasta w Marinara & Cheese (V) All American Sandwich	Kickin Pinto Taco Salad (V) Grilled Turkey Ham & Cheese Sandwich	Grilled Cheese Sandwich (V)
Pizza Zone	Turkey Sausage Pizza	Pepperoni Pizza	Buffalo Chicken Pizza	Meat Lovers Pizza	Four Cheese Pizza (V)
Fiesta Zone	Rice & Corn Salad	Vegetable Baja Salad	Potato Salad	Macaroni & Cheese	Mexican Corn Salad

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March 2018 High School Lunch Menu



	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
Homemade Creations	No School	Vegetarian Chili Topped Potato (V) Broccoli Cheese & Rice Casserole (V) Whole Grain Dinner Roll Seasoned Green Peas	General Tso's Chicken Sun Butter & Jelly Sandwich (V) Orange Ginger Glazed Carrots	Penne Pasta w Meat Sauce Whole Grain Dinner Roll Bean & Cheese Burrito (V) Seasoned Corn	Chicken Nuggets Whole Grain Dinner Roll Vegetarian Burger w/ American Cheese (V) Seasoned Sweet Potato Fries
Made to Order Sandwiches, Salads, and Grill		All American Sandwich	Chef Salad w Turkey Ham Whole Grain Saltine Crackers	Grilled Turkey Ham & Cheese Sandwich	Cold Deli Turkey Sandwich
Pizza Zone		Taco Pizza	Cheeseburger Pizza	Bruschetta Pizza	Meatball Pizza
Fiesta Zone		Chicken Nachos w Refried Beans	Korean Tacos	Mexican Spice Rice	Campfire Beans

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High School Lunch Menu

	MONDAY 26	TUESDAY 27	WEDNESDAY 28	THURSDAY 29	FRIDAY 30
Homemade Creations	Salisbury Steak w/Sauce Whole Grain Dinner Roll Seasoned Green Beans Brown Rice	Cheeseburger Seasoned Corn	Turkey Ham & Grilled Cheese Sandwich Vegetable & Cheese Quesadilla (V) Tomato Soup	Roasted Turkey w Sauce Penne Pasta w/ Marinara Sauce & Cheese (V) Seasoned Green Peas	BBQ Chicken Whole Grain Dinner Roll Seasoned Sweet Potato Fries
Made to Order Sandwiches, Salads, and Grill	Sun Butter & Jelly Sandwich (V)	Egg Salad Sandwich (V) Cold Turkey Ham & Cheese Sandwich	Grilled Turkey Ham & Cheese Sandwich	All American Sandwich	Nachos, Kickin Bean & Cheese Salad (V) Cold Deli Turkey Sandwich
Pizza Zone	Turkey Sausage Pizza	Pepperoni Pizza	Buffalo Chicken Pizza	Meat Lovers	Four Cheese Pizza
Fiesta Zone	Beef & Pinto Bean Nachos	Cheese Quesadilla (V)	Mexican Spiced Rice	Creamy Fresh Coleslaw	Baked Beans

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APS Salad Bowl High School

Served Every day:
Tossed Leafy Greens, Cucumbers, Tomatoes,
Onions (sliced/diced), Jalapeno Peppers, & Pickles, Shredded Cheese

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fresh Celery Sticks Fresh Fruit Sliced Pears 5	Red Pepper Strips Fresh Fruit Applesauce 6	Fresh Broccoli Florets Fresh Fruit Sliced Peaches 7	Fresh Baby Carrots Fresh Fruit Sliced Pears 8	Fresh Coleslaw Fresh Fruit Mixed Fruit 9
Fresh Red Peppers Fresh Fruit Sliced Peaches 12	Fresh Broccoli Florets Fresh Fruit Applesauce 13	Fresh Zucchini Fresh Fruit Sliced Pears 14	Celery Sticks Fresh Fruit Applesauce 15	Baby Carrots Fresh Fruit Mixed Fruit 16
No School 19	Fresh Red Peppers Fresh Fruit Applesauce 20	Fresh Broccoli Florets Fresh Fruit Sliced Peaches 21	Fresh Baby Carrots Fresh Fruit Mixed Fruit 22	Fresh Celery Sticks Fresh Fruit Sliced Peaches 23
Fresh Celery Sticks Fresh Fruit Mixed Fruit 26	Fresh Coleslaw Fresh Fruit Applesauce 27	Fresh Zucchini Fresh Fruit Sliced Peaches 28	Fresh Baby Carrots Fresh Fruit Sliced Pears 29	Fresh Broccoli Florets Fresh Fruit Mixed Fruit 30

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March 2018



High School Traditional Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Cheese Toast (V) Peach Oatmeal (V) Cheesy Grits (V) Whole Grain Biscuit Assorted Cereal Graham Crackers Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	6 Cheesy Grits (V) Toast Assorted Cereal Raspberry Yogurt (V) Maple Oatmeal (V) Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	7 Scrambled Eggs (V) Whole Grain Biscuit Assorted Cereal Hard Cooked Egg (V) Grits (V) Cheese Toast (V) Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	8 Maple Waffle (V) Banana Muffin (V) Brown Sugar Oatmeal (V) Assorted Cereal Strawberry Yogurt (V) Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	9 Scrambled Eggs (V) Whole Grain Cheesy Biscuit (V) Peach Oatmeal (V) Assorted Cereal Graham Crackers Grits (V) Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk
12 Egg & Cheese Sandwich (V) Cereal Bar (V) Brown Sugar Oatmeal (V) Assorted Cereal Graham Crackers Fresh Fruit Apple Sauce 100% Fruit Juice Variety of Milk	13 Cheesy Grits (V) Toast Assorted Cereal Cherry Yogurt (V) Scrambled Eggs (V) Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk	14 Cheese Toast (V) Assorted Cereals Hard Cooked Egg (V) Turkey Sausage Biscuits Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	15 Berry French Toast (V) Peach Oatmeal (V) Breakfast Pizza Assorted Cereal Graham Crackers Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	16 Chicken Biscuit Blueberry Muffin (V) Apple Frudel (V) Assorted Cereal (V) Vanilla Yogurt (V) Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk
19 No School	20 Turkey Sausage Pancake Wrap Peach Oatmeal (V) Cheese Biscuit (V) Raspberry Yogurt (V) Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk	21 Blueberry Muffin (V) Raspberry Yogurt (V) Assorted Cereal Graham Crackers Cheese Toast (V) Hard Cooked Egg (V) Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	22 Country Chicken Biscuit Brown Sugar Oatmeal (V) Breakfast Pizza Assorted Cereal Strawberry Yogurt (V) Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	23 Scrambled Egg (V) Cheese Toast (V) Apple Frudel (V) Grits (V) Assorted Cereal Graham Crackers Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk
26 Cheese Toast (V) Peach Oatmeal (V) Assorted Cereal Graham Crackers Turkey Sausage Biscuit Fresh Fruit Sliced Pears 100% Fruit Juice Variety of Milk	27 Berry French Toast (V) Assorted Cereal Cherry Yogurt (V) Blueberry Muffin (V) Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	28 Scrambled Eggs (V) Whole Grain Biscuit Apple Frudel (V) Cheesy Grits (V) Assorted Cereal Graham Crackers Fresh Fruit Applesauce 100% Fruit Juice Variety of Milk	29 Maple Waffle (V) Banana Muffin (V) Vanilla Yogurt (V) Maple Pancakes (V) Assorted Cereal Fresh Fruit Mixed Fruit 100% Fruit Juice Variety of Milk	30 Grits (V) Cheesy Biscuit (V) Scrambled Eggs (V) Assorted Cereal Graham Crackers Fresh Fruit Sliced Peaches 100% Fruit Juice Variety of Milk

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