



March 2017

HIGHLAND OAKS LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>All meals are low Sodium and all Grains are Whole grains!</i></p>	<p>OFFERED DAILY:</p> <p>1% Lowfat Milk Nonfat Chocolate Milk Fresh Fruit & Veggies</p> <p>Take at least 3 items 1 must be a fruit or veggie</p>	<p>1</p> <p>PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*</p>	<p>2</p> <p>MINIMUM DAY SACK LUNCH</p>	<p>3</p> <p>MINIMUM DAY SACK LUNCH</p>
	<p>6</p> <p>CHICKEN NUGGETS CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*</p>	<p>7</p> <p>BAKED PASTA ORANGE CHICKEN & RICE TUNA SANDWICH*</p>	<p>8</p> <p>PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*</p> <p> ASPARAGUS TASTING <small>Asparagus: King of the World</small></p>	<p>9</p> <p>POPCORN CHICKEN CORN DOG GRILLED CHEESE SANDWICH* PB&J SANDWICH*</p>
<p>13</p> <p>CHICKEN NUGGETS CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*</p>	<p>14</p> <p>SPAGHETTI TACOS ORANGE CHICKEN & RICE TUNA SANDWICH*</p>	<p>15</p> <p>PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*</p>	<p>16</p> <p>POPCORN CHICKEN CORN DOG GRILLED CHEESE SANDWICH* PB&J SANDWICH*</p>	<p>17</p> <p>CORNED BEEF SANDWICH TURKEY & HAM SANDWICH SHAMROCK COOKIE</p>
<p>20</p> <p>HOLIDAY</p>	<p>21</p> <p>MACARONI & CHEESE* ORANGE CHICKEN & RICE TUNA SANDWICH*</p>	<p>22</p> <p>PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*</p>	<p>23</p> <p>MINIMUM DAY SACK LUNCH</p>	<p>24</p> <p>PEPPERBELLIES CHEESE BREAD* TURKEY & HAM SANDWICH</p>
<p>27</p> <p>CHICKEN NUGGETS CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*</p>	<p>28</p> <p>SPAGHETTI TACOS ORANGE CHICKEN & RICE TUNA SANDWICH</p>	<p>29</p> <p>PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*</p>	<p>30</p> <p>POPCORN CHICKEN CORN DOG GRILLED CHEESE SANDWICH* PB&J SANDWICH*</p>	<p>31</p> <p>BAKED CHICKEN WITH MASHED POTATOES AND GRAVY CHEESE BREAD* TURKEY & HAM SANDWICH</p>

Harvest
of the
Month

Network for a Healthy California

