

# March 2018

# Yuma School District One

## Jr High Menu

**Nutrition Tip:** Children enjoy dips which increases vegetable consumption, try including vegetable dip or hummus along with vegetables as part of a meal, you may be surprised how many veggies they eat!

*Available Daily*



**Breakfast:** Yogurt Parfait, Assorted Cereal, Fresh Or Canned Fruit, Choice of Juice, White or Flavored Milk

**Lunch:** Peanut Butter & Jelly Sandwich, Yogurt & Roll Combo, Fruit & Veggie Bar, Choice of Juice, White or Flavored Milk



### Monday



### Tuesday



### Wednesday

### Thursday

### Friday

**Breakfast**

Super Donut

5

**Lunch**

Cheese Pizza & Corn

2<sup>nd</sup> Choice: Bean & Cheese Burrito

**Breakfast**

Mini Pancakes

6

**Lunch**

Teriyaki Beef Blaster

Brown Rice & Fortune Cookie  
2<sup>nd</sup> Choice: Macaroni & Cheese

**Breakfast**

Breakfast Pizza

7

**Lunch**

Chicken Sandwich

Smile Fries  
2<sup>nd</sup> Choice: Nachos

**Breakfast**

Pancake & Sausage on a Stick

1

**Lunch**

Folded Beef Taco

Mexicorn

2<sup>nd</sup> Choice: Pepperoni Pizza

**Breakfast**

Cinnamon Breakfast Cake

2

**Lunch**

Turkey & Gravy

Mashed Potatoes & Wheat Roll

2<sup>nd</sup> Choice: Beefaroni

**Breakfast**

Zucchini Bread Slice

12

**Lunch**

Taco in a Bag & Refried Beans

2<sup>nd</sup> Choice: Pepperoni Pizza  
Stick

**Breakfast**

French Toast Sticks

13

**Lunch**

Hamburger & French Fries

2<sup>nd</sup> Choice: Chicken Taquito  
w/salsa

**Breakfast**

Breakfast Burrito

14

**Lunch**

Beefaroni

Green Beans & Wheat Roll  
2<sup>nd</sup> Choice: Turkey Deli Sandwich

**Breakfast**

Pancake & Sausage on a Stick

15

**Lunch**

Barbacoa Street Tacos

Mexicorn

2<sup>nd</sup> Choice: Chili Cheese Fries

**Breakfast**

Dutch Waffle

16

**Lunch**

Chicken Drumstick

Baby Potatoes & Wheat Roll  
2<sup>nd</sup> Choice: Pretzel Bites

**Breakfast**

Assorted Pop Tarts

19

**Lunch**

Pepperoni Pizza & Corn

2<sup>nd</sup> Choice: Chicken Fajita w/  
Tortilla

**Breakfast**

Mini Pancakes

20

**Lunch**

Macaroni & Cheese

Green Beans & Wheat Roll

2<sup>nd</sup> choice: Spicy Chicken Sandwich

**Breakfast**

Breakfast Pizza

21

**Lunch**

Cheeseburger Sliders

Tatar Tots

2<sup>nd</sup> Choice: Sweet & Sour Chicken

**Breakfast**

Triangle Hash Brown & Eggs

22

**Lunch**

Chicken Nuggets

Mashed Potatoes & Wheat Roll

2<sup>nd</sup> Choice: Pepperoni Pizza

**Breakfast**

Cinnamon Stars

23

**Lunch**

Bean & Cheese Burrito

Mexicorn

2<sup>nd</sup> Choice: Pigs in a Blanket

**Breakfast**

Sausage Patty w/ Biscuit

26

**Lunch**

Corn Dog & Ranch Beans

2<sup>nd</sup> Choice: Chicken & Cheese  
Taquito

**Breakfast**

French Toast Sticks

27

**Lunch**

Chili Cheese Fries

Wheat Roll

2<sup>nd</sup> Choice: Philly Cheese Steak  
Sandwich

**Breakfast**

Breakfast Burrito

28

**Lunch**

Spaghetti

Green Beans & French Bread

2<sup>nd</sup> Choice: Cheese Crisp w/salsa

**Managers Choice**

29

Today's **Breakfast** and **Lunch** selections will be chosen among favorites from our cafeteria staff. **Enjoy!**

30

**No School  
Good Friday**