





March 2019



Our salad bar includes: Salad greens, carrots, peppers, cucumbers, corn, beans, broccoli.

Our breakfast menu is posted on the back of the lunch menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Veggie of the Month Cabbage	If your student has food allergies and you have concerns over ingredients of any item on the menu, please contact our Food Services Department for a list of ingredients." 468-2201, ext. 2188				1	2 Breakfast is offered daily 
3	4 Breakfast for Lunch! Cheese Omelets Breakfast Sausage Hashbrowns Whole Wheat Cinnamon Rolls	5 Veggie Quesadilla Chicken Quesadilla Brown Rice Salsa	6 Persian Chicken Persian Green-beans Baked Rice	7 Pesto Pasta Whole Wheat Noodles Meat and Veggie Options	8 Chicken Tenders Veggie Tenders Oven Fries Coleslaw	9 We offer milk at every meal
10	11 Beef Shakshuka Veggie Shakshuka Couscous	12 Hotdog Mac n Cheese Veggie Mac n Cheese	13 Homemade Cheesy Bread French Onion Soup	14 Nachos Turkey Mole Refried Beans Brown Rice Salsa	15 Baked Potatoes Bacon Bits Cheese Whole Wheat Bread	16  We are an equal opportunity employer
17	18 Hotdogs in Cheesy Blankets Tofu in Cheesy Blankets	19 Turkey Sloppy Joes Lopez Veggie Sloppy Joe WholeWheat Buns Garden Green Beans	20 Beef Chili Veggie Chili Whole Wheat Toast	21 Veggie Sauce Meat Sauce Whole Wheat Spaghetti	22 Skagit Beef Shepherd's Pie Lopez Veggie Shepherd's Pie Whole Wheat Rolls	23
24	25 Meatloaf Veggieloaf Macaroni Salad	26 LIFE Pizza WholeWheat Dough Pepperoni Cheese	27 Pork Stirfry Veggie Stirfry Brown Rice Eggrolls	28 Beef Enchiladas Verde Roasted Veggie Enchiladas Verde Brown Rice	29 Cooks Choice Salad Bar	30