



High/Middle School Lunch Menu March 2019



Earn some extra \$\$ While working a convenient schedule. Metz is currently looking for foodservice substitutes. You can find application at www.cfsd.info -> employment->Metz application

Chef Metz is "Cookin' Up ...



"Nat'l Nutrition Month"

St. Patrick's Day Meal- 3/15
"National Ravioli Day" - 3/20
"Opening Day Baseball" - 3/28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1-MAR
	<p>WE WILL BE HAVING "TRY IT" TUESDAY THIS MONTH FOR "NATIONAL NUTRITION MONTH".</p> <p>WE WILL BE OFFERING "NEW" VEGETABLE SIDE SALADS.</p>	EAT RIGHT.		BUFFALO BONELESS WINGS W/ ROLL OR BBQ BONELESS WINGS W/ ROLL
CHECK OUT OUR "WEEKLY" SPECIAL SALADS & SANDWICHES/WRAP FOR SOME NEW & EXCITING OPTIONS!!		LIVE RIGHT.		FEATURED VEGGIES: TATER TOTS CELERY STICKS W/ RANCH PINEAPPLE TIDBITS CHOICE OF MILK
		FEEL RIGHT.		
WEEKLY FEATURED	PASTA BAR	CHEF'S SALAD	TACO CHICKEN ROLL PLATTER	
4-MAR	5-MAR	6-MAR	7-MAR	8-MAR
CHICKEN PARMESAN ON A BUN	STEAK AND CHEDDAR ON FLATBREAD	CORN DOG	PEPPERONI & CHEESE ROLL UP W/ SAUCE	MAC & CHEESE WITH A BREAD STICK
	PULLED PORK BBQ ON A BUN	SPICY CHICKEN PATTY ON A BUN	HAM AND CHEESE ROLL UP W/ SAUCE	TURKEY & CHEESE WRAP ON A SOFT TORTILLA
FEATURED VEGGIES: BAKED BEANS FRESH CELERY STICKS FRESH ORANGE SLICES CHOICE OF MILK	FEATURED VEGGIES: STEAMED CARROTS "COLE SLAW" FLAVORED APPLESAUCE CHOICE OF MILK	FEATURED VEGGIES: STEAMED BROCCOLI CARROT STICKS PEACHES CHOICE OF MILK	FEATURED VEGGIES: STEAMED MIXED VEGGIES FRESH CUCUMBER SLICES FUN APPLES CHOICE OF MILK	FEATURED VEGGIES: TATER TOTS CORN SALAD MIXED FRUIT CHOICE OF MILK
WEEKLY FEATURED	BREAKFAST BAR	"SWEET & SAVORY KALE SALAD"		"HAM & SWISS WRAP"
11-MAR	12-MAR	13-MAR	14-MAR	15-MAR
"WAVE GRILL"	CHICKEN POT PIE	CHICKEN NOODLE SOUP W/ CRACKERS	ITALIAN DUNKERS WITH SAUCE	"St. Patrick's Day Meal"
STEAK AND CHEESE HOAGIE	WHOLE GRAIN DINNER ROLL	BACON CHEESEBURGER ON A BUN		SHEPHERDS PIE W/ BEEF in a Bread Bowl
CHICKEN CHEESE QUESADILLA ON FLATBREAD	BBQ RIB SANDWICH			FISH SANDWICH ON A BUN
FEATURED VEGGIES: REFRIED BEANS FRESH CARROTS DICED PEARS CHOICE OF MILK	FEATURED VEGGIES: CORN "CAULIFLOWER" SALAD BANANAS CHOICE OF MILK	FEATURED VEGGIES: FRENCH FRIES FRESH CUCUMBER SLICES FRUITED GELATIN CHOICE OF MILK	FEATURED VEGGIES: GREEN BEANS TOMATO & ONION SALAD FLAVORED APPLESAUCE CHOICE OF MILK	FEATURED VEGGIES: MASHED POTATO ROMAINE SALAD MANDARIN ORANGES CHOICE OF MILK
WEEKLY FEATURED	TACO BAR	"BANG'IN SHRIMP SALAD"		"TURKEY & SPINACH ROLL WRAP"
18-MAR	19-MAR	20-MAR	21-MAR	22-MAR
TEXAS TOASTED CHEESE SANDWICH	CHICKEN ALFREDO OVER PENNE PASTA	"National Ravioli Day"	SPARTAN BOWL W/ WHOLE GRAIN DINNER ROLL	
SLOPPY JOE ON A BUN	PEPPERONI PIZZA BAGEL	CHEESE RAVIOLI & SAUCE		NO SCHOOL
		CHEESE STEAK HOAGIE W/ PEPPERS & ONIONS		
FEATURED VEGGIES: TOMATO SOUP STEAMED GARDEN PEAS PEACHES CHOICE OF MILK	FEATURED VEGGIES: "BROCCOLI SALAD" FRESH CARROTS MIXED FRUIT CHOICE OF MILK	FEATURED VEGGIES: CHICK PEA SALAD FRENCH FRIES FRESH GRAPES CHOICE OF MILK	FEATURED VEGGIES: MASHED POTATO & CORN FRESH CUCUMBER SLICES FLAVORED APPLESAUCE CHOICE OF MILK	
WEEKLY FEATURED	DELI BAR	"7 LAYER SALAD"		"CHICKEN CAESAR WRAP"
25-MAR	26-MAR	27-MAR	28-MAR	29-MAR
POPCORN CHICKEN WHOLE GRAIN DINNER ROLL	NACHOS GRANDE	CORN DOG	"Opening Baseball Day"	CHEESE STICK DIPPERS WITH SAUCE
	CHICKEN ENCHILADAS	HOT HAM & CHEESE ON A PRETZEL ROLL	HOT DOG ON A BUN OR HAMBURGER ON BUN W/ FIXINS	TOASTED MEATBALL SUB W/ CHEESE
FEATURED VEGGIES: PEAS FRESH CARROTS MANDARIN ORANGES CHOICE OF MILK	FEATURED VEGGIES: CORN "STRAWBERRY SPINACH SALAD" FLAVORED APPLESAUCE CHOICE OF MILK	FEATURED VEGGIES: BAKED BEANS FRESH CELERY STICKS FRESH APPLES CHOICE OF MILK	FEATURED VEGGIES: CURLY FRIES ROMAINE SALAD FRESH ORANGES CHOICE OF MILK	FEATURED VEGGIES: STEAMED BROCCOLI FRESH CUCUMBER SLICES PEACHES CHOICE OF MILK
WEEKLY FEATURED	ASIAN BAR	"STRAWBERRY SPINACH & FETA SALAD"		"TURKEY CLUB WRAP"
<p>Student Paid Lunch \$2.45 Student Reduced Lunch \$0.40 Adult Lunch \$3.45</p>				

Go to www.cfsd.info, and click on the foodservices link for information on how to sign up for our new online payment system.

What is a Meal?
You must choose at least 3 of 5 components available for the school lunch price. Meat or meat alternate, choice of vegetable, choice of fruit, grain/ bread and choice of milk (1% White, Fat Free Chocolate, Fat Free White, Fat Free Vanilla, Fat Free Strawberry).
A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup vegetable MUST accompany a reimbursable lunch!

Weekly Vegetable Subgroups May include:
Dark green (spinach, broccoli, romaine, spring salad), red/orange (carrots, sweet potatoes, tomatoes, red peppers), beans/peas (legumes), and starchy (white potatoes, corn, peas, lima beans). Other vegetables will include celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage, green peppers.
Daily Fruit Selections May Include:
Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, and Mandarin Oranges.

DAILY ENTRÉE OPTIONS MAY INCLUDE:
Cheese/Pepperoni Pizza
Specialty Pizza of the Day
Daily Deli Bar with Assorted Breads
Grab and Go Wraps, Salads, and Parfaits
Weekly Food Concept Bars
TACO BAR
PASTA BAR
ASIAN BAR
DELI BAR
BREAKFAST BAR

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