

# March High School Menu

Health-e Pro 

MON

TUE

WED

THU

FRI

## HARVEST OF THE MONTH: DAIRY!



### 4 World

Popcorn Chicken or Chickpeas Tossed in Curry Sauce over Brown Rice and Roasted Cauliflower

### 5 Cultures

Pulled Pork Cheesy Fries (Poutine) with Harvest of the Month Local Cheese Curds

NEW!

### 6 Week

Revolution Bowl Chicken, Beans, Brown Rice, Lettuce, Salsa, Sour Cream, Guacamole

### 7

Chicken and Vegetable Dumplings with Side of Fried Rice and Stir Fried Vegetables Fortune Cookie

1

Walden Cheeseburger or Veggie Burger Lettuce, Onion, Tomato Oven Baked Fries

8

Pasta with Choice of Meat or Marinara, Mozzarella Breadstick, & Local Veggies

11

Pesto Tortellini with a Garlic Breadstick and Roasted Zucchini & Summer Squash

NEW!

12

Hot Dog with Baked Beans and Oven Baked Fries

13

Chicken Tenders, Mashed Potatoes, Roasted Broccoli and a Dinner Roll

14

Teriyaki Chicken over Brown Rice and Roasted Carrots

15

Pasta Primavera with Mozzarella Breadstick and Roasted Local Veggies

NEW!

18

Brunch for Lunch, Chicken Sausage, Hash browns, Orange Juice

19

Chef Special



20

Red's Best Fish Taco Fresh, Local Fish Tater Tots, Coleslaw, & Sriracha Mayo

21

Bahn Mi Bowl Chicken, Pickled Carrots, Cucumbers, and Cabbage over Rice

22

Mac & Cheese, Cheesy Breadstick, and Roasted Broccoli

25

Mozzarella Sticks, Chicken Wings, Marinara Dip, and Tater Tots

26 National Spinach Day

Tuscan Pasta with Spinach and Sundried Tomatoes, Garlic Breadstick, and Broccoli

27

General Tso's Chicken over Brown Rice with Roasted Broccoli

28

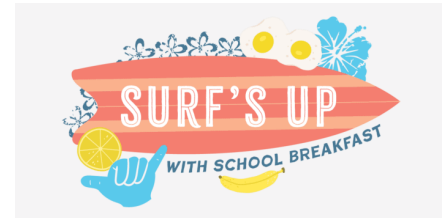
Chicken Parmesan with Pasta, Garlic Breadstick, and Roasted Local Veggies

29 No School



## ANNOUNCEMENTS

Surf's Up! National School Breakfast Week is March 4-8th. Check out some fun in the sun breakfast and lunch items this week.



Each student also may choose from our daily lunch options which include Boar's Head Deli sandwiches, Peanut Butter and Jelly, Power Packs, Salads, Smoothies, Acai Bowls, and Pizza.

Menus are subject to change based on product availability.

## MEAL PRICES

All students receive daily 1 breakfast and 1 lunch at no charge.

Additional breakfast and lunch meals and a la carte items are available for purchase at each school. Visit our website for more information.

Prepay for meals online at [www.schoolcafe.com/abrsd](http://www.schoolcafe.com/abrsd) or pay by cash/check (AB Food Services) at school

