Fannett-Metal School District - High School / Middle School March 2019

Fannett-Metal is an equal opportunity provider



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| SUNDAY | MONDAY | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
|  |  |  |  |  | March 1  Pepperoni Pizza  Or  Fish Nuggets  W / Roll  Grape Tomatoes  Steamed Carrots  Choice of Fruit / Milk | Offer verses serve -  Students must take  **3 of 5** items to count as a lunch & one must be a fruit or vegetable. |
| **All Meals are**  served with 1% milk, fat free chocolate, fat free vanilla, fat free strawberry and skim | March 4  Tomato soup  Grilled Cheese Sandwich  Or  Rotisserie Chicken Wrap  Steamed Carrots  Tossed Salad  Choice of Fruit / Milk | March 5  Mashed Potato Bowl  W/ Roll  Or  Cheeseburger  Grape Tomatoes  Broccoli  Choice of Fruit / Milk | March 6  Chicken Patty  Sandwich  Or  Turkey Club Wrap  Baked Beans  Baby Carrots  Choice of Fruit / Milk | March 7  General Tso’s Chicken  Roll  Or  Bacon, Egg &  Cheese Sandwich  Peas / Rice  Tossed Salad  Choice of Fruit / Milk | March 8  Buffalo Chicken Pizza  Or  Turkey & Cheese  Hoagie  Corn  Red Peppers W/ Dip  Choice of Fruit / Milk | **Daily Entrée options include:**  **Chef Or Chicken Salad with whole grain roll Or Whole grain P B & J sandwich**  **Fruit, Vegetable & milk are included** |
|  | March 11  Spaghetti & Meatballs  Breadstick  Or  Chicken Sandwich  Tossed Salad  Peas  Choice of Fruit / Milk | March 12  Walking Taco  Or  Meatball Sub  Refried Beans  Red Peppers  Choice of Fruit / Milk | March 13  Chicken Patty  Or  Calzone  Baby Carrots  Corn  Choice of Fruit / Milk | March 14  Cheesesteak  Or  BBQ Rib Sandwich  Tossed Salad  Celery W/ Dip  Choice of Fruit / Milk | March 15  Pizza  Or  Hamburger  Grape Tomatoes  Cheesy Broccoli  Choice of Fruit / Milk |  |
|  | March 18  Stuffed Shells  W / Roll  Or  Italian Sub  Tossed Salad  Steamed Carrots  Choice of Fruit / Milk | March 19  Cowboy Burger  Or  Chicken Sandwich  Baked Beans  Celery W/ Dip  Choice of Fruit / Milk | March 20  Pulled Pork Sandwich  Or  Calzone  Peas  Grape Tomatoes  Choice of fruit / Milk | March 21  Roast Turkey  W/ Gravy & Roll  Or  Ham & Cheese Wrap  Mashed Potatoes  Corn  Choice of Fruit / Milk | March 22  Cheeseburger Sub  Or  Fish Sandwich  Cheesy Broccoli  Red Peppers W/ Dip  Choice of Fruit / Milk | Middle/HS Lunch-  $ 2.75  Milk - .50  Reduced - .40 |
| ***No breakfast on two hour delays*** | March 25  Ham & Cheese  On Flat Bread  Or  Chicken Fajita  Celery W/ Dip  Corn  Choice of Fruit / Milk | March 26  Hamburger  Or  Hot dog  Baked Beans  Tossed Salad  Choice of Fruit / Milk | March 27  Cheesesteak  Or  Pizza Burger  Broccoli  Baby Carrots  Choice of Fruit / Milk | March 28  Chicken & Waffles  W/ Gravy  Or  Shrimp Poppers w/ Roll  Peas  Tossed Salad  Choice of Fruit / Milk | March 29  Pepperoni Pizza  Or  Fish Nuggets  W/ Roll  Grape Tomatoes  Steamed Carrots  Choice of Fruit / Milk | ***Menu subject to change*** |