




St. Michaels Middle School

March 2018



Week 1				1 Chicken Burrito Bar Spanish Black Beans and/or Steamed Corn Diced Peas	2 Chili Cheese Dog Steamed Carrots Steamed Broccoli Mixed Fruit
Week 2	5 Chicken w/wo WG Biscuit French Fries Peas Strawberry Cups	6 Spaghetti & Meatballs w/wo breadstick Green Beans Corn or the Cob Applesauce	7 Soft Shell Taco Glorious Grilled Cheese Pepperoni Refried Beans Cauliflower Diced Peaches	8 Homemade Chicken Enchiladas Steak & Cheese Sub Steamed Broccoli Peppers & Onions Diced Peas	9 General Tso's Chicken w/wo Brown Rice Steamed Carrots Oriental Mixed Vegetables Mandarin Oranges
Week 3	12 Dutch Waffle w/wo Strawberry Topping w/wo Eggs Tater Tots Applesauce	13 Pizza & Buffalo Cheese Crunchers Steamed Carrots Diced Peaches	14 Potato Bar Extravaganza Featuring baked potatoes, mashed potatoes, baked sweet potatoes, chili cheese fries Steamed Broccoli Corn Pineapple Tidbits	15 Beefy Nachos w/Spanish Rice Spanish Black Beans Mixed Vegetables Diced Peas	16 Chicken Parmesan w/ Pasta w/wo WG Roll California Veggies Mixed Fruit
Week 4	19 Ring of Eggcellence Hash Browns Applesauce	20 Homemade Lasagna Green Beans Cauliflower Mixed Fruit	21 Teriyaki Beef & Veggie Stir Fry w/wo Brown Rice Buffalo Chicken Flatbread Steamed Carrots Oriental Mixed Vegetables Mandarin Oranges	22 Taco Bar Choice of soft shell or chips Beef or Chicken Refried Beans Onions & Peppers Diced Peaches	23 Chicken Alfredo w/pasta & breadstick Steamed Broccoli Mandarin Oranges
Week 5	26 French Toast Sticks w/wo Sausage Patty Tater Tots Applesauce	27 Meatball Sub Glazed Carrots Peas Diced Peas	28 Popcorn Chicken Bowl w/wo WG Roll Mashed Potatoes Corn Mandarin Oranges	29 Cuban Sandwich Chicken Tenders w/wo WG Roll Baked Beans Peas Diced Peaches	30 NO SCHOOL



Fast Takes Salad Choices:

Week 1: Chef Salad
Week 2: Turkey Cobb Salad
Week 3: Chicken Caesar Salad
Week 4: Buffalo Chicken Salad
Week 5: Crispy Chicken Salad
Garden Salad w/Cheese w/Roll available daily



A variety of fresh, whole, **raw fruits & veggies** are available every day they may include Apples, Oranges, Bananas, Carrots, Celery, Broccoli & Cucumbers (as in season).



Daily Grill Choices:

Monday: Buffalo Chicken Sandwich
Tuesday: Bacon Cheeseburger
Wednesday: Hot Dog on a Bun
Thursday: Buffalo Chicken Sandwich
Friday: Fish Sandwich

Cheeseburger & Chicken Patty Daily



Upper Crust Choices:

Monday: Meat Lovers
Tuesday: Calzones
Wednesday: Meat Lovers
Thursday: Calzones
Friday: Meat Lovers
Cheese & Pepperoni Daily

SP All pizzas feature whole grain crusts

This month's feature is "**Glorious Grilled Cheese**"! Check out the specials in red



Deli Sandwich Choices:

Week 1: Chicken Salad Sub
Week 2: Chicken Ranch Wrap
Week 3: Ham, Turkey, & Cheese Sub
Week 4: Italian Sub
Week 5: Chicken Caesar Wrap
Turkey and Cheese Sub available everyday



Meal Definition: 1 meat/meat alternative, 1 bread/grain, 1 servings of fruit, 2 servings of vegetables & 1 low fat or fat free milk. Meals must include at least 3 components and 1 must be a fruit or vegetable.