

MASSEY HILL/RAMSEY HIGH CENTRAL MENU – MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3-1 French Toast Sticks OR Cinnamon Biscuits, Seasonal Fresh Fruit <u>PARFAIT WEDNESDAY</u> Gourmet Grilled Cheese Sandwich OR Soft Shell Tacos Mexican Rice Seasoned Corn Fiesta Black Beans Shredded Lettuce & Salsa Fresh Apples Chilled Peaches	3-2 Sausage Biscuit OR Fruit Frudel, Seasonal Fresh Fruit Chili w/Grilled Cheese and Crackers OR Stuffed Crust Pizza Baked Sweet Potato Seasoned Green Beans Fresh Plums Sourlicious Raisins	3-3 Egg & Cheese Biscuit OR Super Donut, Seasonal Fresh Fruit Teriyaki Chicken Over Rice w/Roll OR Cheese Dunkers w/Marinara Sauce Glazed Carrots Steamed Broccoli Fresh Bananas Chilled Mandarin Oranges
3-6 Breakfast Bites OR Super Donut, Seasonal Fresh Fruit Chicken & Biscuits OR Meatball Sub Seasoned Green Beans Sweet Potato Chunks Fresh Nectarines Chilled Strawberries	3-7 Chicken Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit Sausage, Egg, and Cheese Biscuit OR Beef Fiestada Tater Tots Steamed Broccoli Fresh Oranges Chilled Pineapple NATIONAL	3-8 Breakfast Pizza OR Honey Bun, Seasonal Fresh Fruit Ham, Cheese & Eggs Burrito OR Buffalo Popcorn Chicken w/Roll Savory Carrots French Fries Fresh Grapes Chilled Applesauce SCHOOL BREAKFAST	3-9 Ham & Cheese Biscuit OR Banana/Berry/Pumpkin Bread, Seasonal Fresh Fruit Chili w/Sweet Cinnamon Biscuit OR Rib-B-Que Seasoned Squash Caesar Salad Fresh Apples Sourlicious Raisins WEEK	3-10 Sweet Cinnamon Biscuit OR Mini Waffles, Seasonal Fresh Fruit Cheesy Grits & Egg Breakfast Bowl OR Eastern BBQ Sandwich Creamy Coleslaw Baked Beans French Fries Fresh Banana Chilled Mandarin Oranges
3-13 Pancake/Sausage On Stick OR Fruit Frudel, Seasonal Fresh Fruit Chicken Taco Soup w/Cheese Quesadilla OR Pork Chop On Bun Farm Fresh Baked Sweet Potato California Blend Fresh Apples Chilled Pineapple	3-14 Beef Steak Biscuit OR Pancake Minis, Seasonal Fresh Fruit Spaghetti & Meat Sauce w/Breadstick OR Corn Dog Nuggets Spinach & Grape Tomato Salad Glazed Carrots Fresh Plums Chilled Peaches	3-15 French Toast Sticks OR Egg & Cheese Biscuit, Seasonal Fresh Fruit <u>PARFAIT WEDNESDAY</u> Meatballs & Gravy w/Roll OR Popcorn Chicken w/Roll Mashed Potatoes with out without Gravy Seasoned Green Beans Fresh Oranges Chilled Strawberry Cups	3-16 Sausage Biscuit OR Honey Bun, Seasonal Fresh Fruit Cheeseburger On Bun OR Hot Dog with or without Chili French Fries Seasoned Baked Beans Lettuce Leaf & Sliced Tomato Fresh Pear Luck O' The Ice Sour Apple Ice	3-17 Breakfast Gravy Pizza OR Bagel Cream Cheese Bar, Seasonal Fresh Fruit Mandarin Chicken Over Rice w/Roll OR Gourmet Grilled Cheese Sandwich Seasoned Cabbage Steamed Broccoli Fresh Bananas Chilled Mandarin Oranges
3-20 Breakfast Bites OR Mini Waffles, Seasonal Fresh Fruit Beef & Cheese Nachos OR Deli Turkey & Ham On Flatbread Shredded Lettuce and Diced Tomatoes Seasoned Corn Fiesta Black Beans Fresh Apple Chilled Strawberries	3-21 Chicken Biscuit OR Banana/Berry/Pumpkin Bread, Seasonal Fresh Fruit Chicken Tenders w/Roll OR Sloppy Joe On Bun French Fries Seasoned Green Beans Fresh Nectarines Chilled Pineapple Chilled Pudding	3-22 Breakfast Pizza OR Breakfast Parfait, Seasonal Fresh Fruit Roasted Chicken w/Biscuit OR Eastern BBQ Sandwich Sweet Potato Chunks Creamy Coleslaw Baked Beans Fresh Pear Chilled Peaches	3-23 Ham & Cheese Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit Chicken & Cheese Fiesta Potato w/Roll OR Corn Dog Nuggets Caesar Salad Seasoned Squash Fresh Orange Chilled Strawberry Applesauce	3-24 Sweet Cinnamon Biscuit OR Super Donut, Seasonal Fresh Fruit Fish Nuggets w/Hushpuppies OR Pork Chop On Bun French Fries Savory Carrots Fresh Bananas Chilled Mandarin Oranges
3-27 Pancake Sausage On Stick OR Bagel Cream Cheese Bar, Chilled Fruit Variety Salisbury Steak & Gravy w/Roll OR Chicken Nuggets w/Roll Mashed Potatoes Seasoned Collard Greens Fresh Pears Chilled Strawberries	3-28 Beef Steak Biscuit OR Honey Bun, Seasonal Fresh Fruit Hot Dog with or without Chili OR Cheeseburger On Bun Lettuce Leaf & Sliced Tomato French Fries Seasoned Mixed Vegetables Fresh Oranges Chilled Applesauce Manager's Choice Cookie	3-29 French Toast Sticks OR Cinnamon Biscuits, Seasonal Fresh Fruit <u>PARFAIT WEDNESDAY</u> Chicken Fajita OR Ham & Cheese Croissant Mexican Rice Seasoned Corn Fiesta Black Beans Salsa Fresh Apples Chilled Peaches	3-30 Sausage Biscuit OR Fruit Frudel, Seasonal Fresh Fruit Stuffed Crust Pizza OR Hawaiian Chicken Sweet Potato Fries Seasoned Green Beans Fresh Grapes Sourlicious Raisins	3-31 Egg & Cheese Biscuit OR Super Donut, Seasonal Fresh Fruit Teriyaki Chicken Over Rice w/Roll OR Cheese Dunkers w/Marinara Sauce Glazed Carrots Steamed Broccoli Fresh Bananas Chilled Mandarin Oranges

Cereal, graham crackers, juice, assorted muffins & toaster pastries are available daily for breakfast

Flavored and unflavored skim milk is available daily for breakfast and lunch

This institution is an equal opportunity provider