

ROSS CENTRAL MENU – MARCH 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		3-1	3-2	3-3
		French Toast Sticks OR Cinnamon Biscuits, Seasonal Fresh Fruit <p style="text-align: center;"><u>PARFAIT WEDNESDAY</u></p> Gourmet Grilled Cheese Sandwich OR Soft Shell Tacos Mexican Rice Seasoned Corn Fiesta Black Beans Shredded Lettuce & Salsa Fresh Apples Chilled Peaches	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	Egg & Cheese Biscuit OR Super Donut, Seasonal Fresh Fruit Teriyaki Chicken Over Rice w/Roll OR Cheese Dunkers w/Marinara Glazed Carrots Steamed Broccoli Fresh Bananas Chilled Mandarin Oranges
3-6	3-7	3-8	3-9	3-10
Breakfast Bites OR Super Donut, Seasonal Fresh Fruit Chicken & Biscuits OR Meatball Sub Seasoned Green Beans Sweet Potato Chunks Fresh Nectarines Chilled Strawberries	Chicken Biscuit OR Cinnamon Roll, Seasonal Fresh Fruit Sausage, Egg, and Cheese Biscuit OR Beef Fiestada Tater Tots Steamed Broccoli Fresh Oranges Chilled Pineapple <p style="text-align: center;">NATIONAL</p>	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 <p style="text-align: center;">SCHOOL BREAKFAST</p>	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 <p style="text-align: center;">WEEK</p>	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	3-14	3-15	3-16	3-17
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	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	French Toast Sticks OR Egg & Cheese Biscuit, Seasonal Fresh Fruit <p style="text-align: center;"><u>PARFAIT WEDNESDAY</u></p> Meatballs & Gravy w/ Roll OR Popcorn Chicken w/Roll Mashed Potatoes with out without Gravy Seasoned Green Beans Fresh Oranges Chilled Strawberry Cups	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	NO SCHOOL
3-20	3-21	3-22	3-23	3-24
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	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	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	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	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	3-28	3-29	3-30	3-31
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 Grapes Chilled Strawberries	Beef Steak Biscuit OR Honey Bun, Seasonal Fresh Fruit Hot Dog with or without Chili OR Cheeseburger On Bun Lettuce Leaf & Sliced Tomato Sweet Potato Fries Seasoned Mixed Vegetables Fresh Oranges Chilled Applesauce Manager's Choice Cookie	French Toast Sticks OR Cinnamon Biscuits, Seasonal Fresh Fruit <p style="text-align: center;"><u>PARFAIT WEDNESDAY</u></p> Chicken Fajita OR Soft Shell Tacos Mexican Rice Seasoned Corn Fiesta Black Beans Salsa Fresh Pears Chilled Peaches	Sausage Biscuit OR Fruit Frudel, Seasonal Fresh Fruit Baked Ham w/Roll OR Popcorn Chicken w/Roll Macaroni & Cheese Seasoned Green Beans Glazed Carrots Fresh Apple Chilled Diced Pears Hopping Yellow Cake with Icing	Manager's Choice Biscuit OR Manager's Choice, Seasonal Fresh Fruit Managers Choice Entree OR Managers Choice Entree Managers Choice Vegetable Managers Choice Other Vegetable Managers Choice Seasonal Fresh Fruit Managers Choice Chilled Fruit

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