

SHS CYCLE MENU

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| 3/1 | 3/2 | 3/3 | 3/4 | 3/5 |
| <u>BREAKFAST</u> English Muffin, Jelly, Fruit Cup & Fruit Juice <u>LUNCH</u> Chicken Nuggets, Smiley Fries, Veggie & Fruit | <u>BREAKFAST</u> Hot Oatmeal, Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> All Beef Hot Dogs on a Whole Wheat Roll, Baked Potato Chips, & Fruit | <u>BREAKFAST</u> Scrambled Eggs, Sausage, Fruit Cup & Fruit Juice <u>LUNCH</u> BBQ Pulled Pork, Baked French Fries, Veggie & Fruit | <u>BREAKFAST</u> Cereal, Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> Pasta Alfredo, Bread Sticks, Veggie & Fruit | <u>BREAKFAST</u> Hot Oatmeal, Milk Fruit Cup & Fruit Juice <u>LUNCH</u> Cheese Pizza, Tossed Salad & Fruit |
| 3/8 | 3/9 | 3/10 | 3/11 | 3/12 |
| <u>BREAKFAST</u> Bagel, Cream Cheese & Jelly, Fruit Cup and Fruit Juice <u>LUNCH</u> Chicken Drumsticks, Mashed Potatoes, Gravy, Veggie, & Fruit | <u>BREAKFAST</u> Cereal, Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> Grilled Cheese Sandwich, Chicken Noodle Soup, Goldfish Crackers, & Fruit | <u>BREAKFAST</u> Hot Oatmeal, Milk Fruit Cup & Fruit Juice <u>LUNCH</u> Nachos, Tortilla Chips w/seasoned Beef, Cheese, Lettuce, Tomatoes, Salsa, & Sour Cream | <u>BREAKFAST</u> Pancakes, Bacon, Syrup, Fruit Cup & Fruit Juice <u>LUNCH</u> Meatballs & Spaghetti, Bread Sticks, & Celery Sticks | <u>BREAKFAST</u> Blueberry Muffin, Fruit Cup & Fruit Juice <u>LUNCH</u> Tuna Fish Sandwich on a Whole Wheat Roll, Tomato Soup, & Fruit |
| 3/15 | 3/16 | 3/17 | 3/18 | 3/19 |
| <u>BREAKFAST</u> Hot Oatmeal, Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> Chicken Tenders, Stove Top Stuffing, Gravy, Cucumber & Tomato Slices | <u>BREAKFAST</u> Bacon, Egg & Cheese on a Crossiant, Fruit Cup & Fruit Juice <u>LUNCH</u> Hamburgers/Cheeseburgers, on a Whole Wheat roll, Baked French Fries, Pickle & Fruit | <u>BREAKFAST</u> Cereal, Milk Fruit Cup & Fruit Juice <u>LUNCH</u> St. Patrick's Green Eggs & Ham, Smiley Face Potatoes, & Leprechaun Pudding | <u>BREAKFAST</u> Apple Cinnamon Muffin, Fruit Cup & Fruit Juice <u>LUNCH</u> Pasta Ravoli w/Cheese, Tomato Sauce, Garlic Bread, & Veggie | <u>BREAKFAST</u> Hot Oatmeal, Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> Cheese Pizza, 20/20 Vision Carrots & Fruit |
| 3/22 | 3/23 | 3/24 | 3/25 | 3/26 |
| <u>NO SCHOOL</u> | <u>BREAKFAST</u> French Toast Sticks, Sausage, Fruit Cup & Fruit Cup <u>LUNCH</u> Mini Corn Dog, Beef Barley Soup, Goldfish Crackers, & Fruit | <u>BREAKFAST</u> Hot Oatmeal, Milk Fruit Cup & Fruit Juice <u>LUNCH</u> Philly Cheese Steak on a Grinder Roll, Baked Potato Chips, & Fruit | <u>BREAKFAST</u> Scrambled Eggs, Bacon, Fruit Cup & Fruit Juice <u>LUNCH</u> Baked Ziti Bread Sticks & Cole Slaw | <u>BREAKFAST</u> Cereal, Milk Fruit Cup & Fruit Juice <u>LUNCH</u> French Bread Cheese Pizza, Celery Sticks, & Orange Slices |
| 3/29 | 3/30 | 3/31 | | |
| <u>BREAKFAST</u> Hot Oatmeal, Milk Fruit Cup & Fruit Juice <u>LUNCH</u> Popcorn Chicken, Rice Pilaf, Veggie, & Fruit | <u>BREAKFAST</u> English Muffin, Jelly, Fruit Cup & Fruit Juice <u>LUNCH</u> Pancakes, Sausage, Syrup, & Fruit | <u>BREAKFAST</u> Cereal, Milk, Fruit Cup & Fruit Juice <u>LUNCH</u> Oven Roasted Turkey, Stuffing, Gravy, Cranberry Sauce & Veggie | | <u>NOTICE</u> During Lent, No Hot Dogs will be served on Fridays. |
| BREAKFAST ALTERNATE: Cold Cereal | | | | |
| LUNCH ALTERNATE: #1 Peanut Butter & Jelly, #2 Hot Dog, #3 Grilled Cheese, #4 House Salad | | | | |

Note 1: Fresh fruit and other snacks are available every day at the snack counter.

Note 2: 1% milk is available and is payable by separate check.