



March 2023

HIGH SCHOOL

LUNCH MENU

Special:

Week 1: Chicken Caesar Salad, MTO Italian
 Week 2: Chicken Nacho Salad, MTO Breakfast
 Week 3: Turkey Cheese Salad, MTO Mexican
 Week 4: Ham Salad, MTO Asian
 Week 5: Italian Salad, MTO Potato
 *All Salads served with WG Dinner Roll or WG Pretzel Rod

Daily

WW Uncrustable PBJ, string Cheese, graham cracker Box
 MTO Deli Station ~ Pizza Burgers~ Hot Dog~ Breaded & Spicy Chicken Sandwich ~Chicken Tenders~, Fries

All Lunches Must

Include Choice of:
 ½ cup serving of Fresh Fruit or 100% Fruit Juice and or 1/2 Cup serving of vegetables
 And May Include:
 1% Low-Fat Milk or Chocolate Skim Milk

½ Cup of Vegetables

Capri Blend:
 carrots, green beans, zucchini
 Italian Blend: carrots, cauliflower, Romano beans, Lima Beans.
 Winter Blend:
 Broccoli, Cauliflower

MON	TUES	WED	THURS	FRI
Provided Daily 1% Milk and Chocolate Skim Milk, Oranges, Apples and when available Seasonal fruit	Please call Food Service 856-424-2316. Meal Applications can be filled out anytime during the school year Full Price Breakfast \$2.00 and Full Price Lunch \$3.10	1 French Toast/ (2) Chicken Sausage, Winter Blend, Baby carrots, Tomato wedges	2 Popcorn Chicken Potato Bowl/ 2 pretzel rods, Capri Blend, Baby Carrots,, Cucumbers	3 Macaroni and Cheese/Pretzel rod, Italian Blend, Baby , Carrots, Corn <i>Week 1</i>
6 Limited Time Offer: Honey Sriracha Turkey Burger waffle Sandwich, Grilled Cheese, Capri Blend, Baby carrots, Baked Beans	7 Limited Time Offer: Honey Sriracha Turkey Burger waffle Sandwich, Italian Blend, baby Carrots,, Broccoli	8 Limited Time Offer: Honey Sriracha Turkey Burger waffle Sandwich, Grilled Cheese, Capri Blend,, Tomato Wedge, Baby carrots	9 Limited Time Offer: Honey Sriracha Turkey Burger waffle Sandwich, Grilled Cheese, Italian Blend, corn,, baby carrots	10 Limited Time Offer: Honey Sriracha Turkey Burger waffle Sandwich, Grilled Cheese, Winter Blend, cucumbers, baby carrots <i>Week 2</i>
13 Cheese Quesadilla, Capri Blend, Baby Carrots, Roasted Brussel Sprouts	14 Pizza Meatball Sub, Italian Blend, Garbanzo Beans, Baby Carrots	15 Beef sloppy Joe, Capri Blend, Corn, Baby Carrots,	16 Golden Crispy Boneless Chicken Wing, WG Pretzel Rod, Winter Blend, Tomato Wedges, Baby Carrots	17 Chicken Corn Dog, Black Beans, Fresh Broccoli, Baby Carrots <i>Week 3</i>
20 Sweet and Tangy Grilled Chicken Sandwich, Capri Blend, Baby Carrots, Garbanzo Beans	21 Popcorn Chicken Parmesan Sandwich, Italian Blend, Broccoli, Baby Carrots	22 Chicken Buffalo Fries Bowl ,Winter Blend, Baby carrots, Tomato Wedges	23 BBQ Pulled Pork Sandwich, Capri Blend, Baby Carrots, Corn	24 Chicken Ranch Club Flatbread , Italian Blend, Baby Carrots, Cucumber <i>Week 4</i>
27 Max Sticks Pizza, Marinara Pizza, Italian Blend, Baby Carrots, Garbanzo Beans	28 Breaded Chicken Parmesan with Spaghetti, Capri Blend, Broccoli, Baby Carrots	29 Spicy Black Bean Mexican corn Beef Bowl, Italian Blend, Baby Carrots, Tomato Wedges	30 Chicken and White Bean Chipotle Frito Bowl , Italian Blend, corn	31 Fish Fillet/ Mac and Cheese, WG Pretzel Rod Winter Blend, baby Carrots, Fresh Cucumbers <i>Week 5</i>

Menus are subject to change.



Limited Time Offer:
 Honey Sriracha Turkey Burger
 Waffle Sandwich



This institution is an equal opportunity providers