

Jefferson & Schalomt Middle School March 2019 Reader

Friday, March 1

Chicken & Cheese Quesadilla w/Salsa & Sour Cream or
Meatball Sub w/Cheese on WG Roll
Fresh Veggies w/LF Ranch & Steamed Carrots

Monday, March 4

Chicken Nuggets w/Homemade Dipping Sauce & WG Dinner Roll
Fresh Carrots w/LF Ranch and Steamed Broccoli

Tuesday, March 5

Taco Salad w/Lettuce, Cheese, Salsa & Sour Cream or Fish Sandwich on WG Roll w/Homemade Tarter Sauce
Fresh Celery w/LF Ranch and Refried Beans w/Cheese

Wednesday, March 6

Bosco Sticks w/Marinara Sauce
Garden Salad w/LF Italian Dressing & Tomato Wedges

Thursday, March 7

Chicken Bowl w/Mashed Potatoes, Corn, Gravy & Cheese or Hot Dog on WG Roll
Fresh Broccoli w/LF Ranch
Mashed Potatoes w/Gravy

Friday, March 8

Toasted Cheese or Chicken Patty on WG Roll
Fresh Veggies w/LF Ranch and Tomato Soup

Monday, March 11

Chicken Tenders w/Homemade Dipping Sauce & Goldfish Crackers
Fresh Carrots w/LF Ranch and BBQ Baked Beans

Tuesday, March 12

French Toast Sticks w/Sausage & Syrup or Pulled Pork on WG Roll
Fresh Celery w/LF Ranch and Tater Tots

Wednesday, March 13

Homemade Cheese Pizza
Garden Salad w/LF Italian Dressing & Tomato Wedges

Thursday, March 14

Macaroni & Cheese w/WG Dinner Roll or Chicken Patty on WG Roll
Fresh Broccoli w/LF Ranch and Green Beans

Friday, March 15

Mozzarella Sticks w/Marinara Sauce or Hot Dog on WG Roll
Fresh Veggies w/LF Ranch and Steamed Carrots

Monday, March 18

Popcorn Chicken w/Homemade Dipping Sauce & WG Garlic Breadstick
Fresh Carrots w/LF Ranch and Corn

Tuesday, March 19

General Tso Chicken w/Brown Rice or Cheeseburger on WG Roll
Fresh Celery w/LF Ranch and Steamed Broccoli

Wednesday, March 20

Stuffed Crust Pizza
Garden Salad w/LF Italian Dressing & Tomato Wedges

Thursday, March 21

Turkey w/Gravy & WG Dinner Roll or Chicken Patty on WG Roll
Fresh Broccoli w/LF Ranch and Mashed Potatoes w/Gravy

Friday, March 22

No School Staff Development Day

Monday, March 25

Chicken Nuggets w/Homemade Dipping Sauce & WG Dinner Roll
Fresh Carrots w/LF Ranch and Green Beans

Tuesday, March 26

Taco Salad w/Lettuce, Cheese, Salsa & Sour Cream or Cheeseburger on WG Roll
Fresh Celery w/LF Ranch and Black Bean & Corn Salad

Wednesday, March 27

Homemade Cheese Pizza
Garden Salad w/LF Italian Dressing & Tomato Wedges

Thursday, March 28

Rotini w/MB & WG Garlic Breadstick or Hot Dog on WG Roll
Fresh Broccoli w/LF Ranch and Steamed Carrots

Friday, March 29

French Toast Sticks w/Sausage & Syrup or BBQ Rib on WG Roll
Fresh Veggies w/LF Ranch and Tater Tots

