

All Breads, Breeding & Pasta are Whole Grain. Lunch Prices are \$0.40 for Reduced lunch and \$2.75 for Paid: (Still a fantastic deal)  
 Entrée choices: Cheeseburgers, Chicken Patty, Hotdogs, PB&J, Tuna Sandwich, Ham & Cheese Wrap, Turkey & Cheese Wrap, Personal Pizza, Fixings Bar: (Lettuce, tomato, pickles, onions & hot peppers)  
 Carrot Sticks w/ dip when available

# MARCH 2019

## Kent County Middle School Lunch Menu

Please choose one Main Entrée Item.  
 You may take all sides but you must take 1/2 cup VEGETABLE OR FRUIT)  
 Fresh Fruit served Daily  
 Milk Choices: Skim, 1% white milk, NF Chocolate, NF Strawberry; Menus are subject to change

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### Lunch

Chicken Nuggets w/ sauce & Pretzel Rods **4**

#### Sides

Roasted Herb Potatoes  
 Green Beans  
 Fruit Mix  
 Fresh Fruit Basket

#### Lunch

Spaghetti w/ meat sauce & garlic bread **5**

#### Sides

Honey Glazed Carrots  
 Celery Sticks w/ sun butter  
 Flavored Raisins  
 Fresh Fruit Basket

#### Lunch

Hot or Cold Roast Beef Sandwich **6**

#### Sides

Mashed Potatoes w/ gravy  
 Peas  
 Peaches  
 Fresh Fruit Basket

#### Lunch

Variety of Pizza **7**

#### Sides

Side Salad w/ dressings  
 Baked Beans  
 Pineapple  
 Fresh Fruit Basket

#### Lunch

**Dr. Seuss's Birthday** **1**  
 Quiche w/ Biscuit

#### Sides

Potato Puffs  
 Corn Salsa  
 Pears  
 Fresh Fruit Basket

#### Lunch

Toasted Ham & Cheese Sandwich **8**

#### Sides

Vegetable Soup  
 Carrot Sticks w/ dip  
 Pears  
 Fresh Fruit Basket

#### Lunch

Popcorn Chicken Bites w/sauce & Pretzel Rods **11**

#### Sides

Seasoned Potato Wedges  
 California Blend  
 Fruit Mix  
 Fresh Fruit Basket

#### Lunch

Fish Sandwich **12**

#### Sides

Oven Baked French Fries  
 Green Beans  
 Flavored Raisins  
 Fresh Fruit Basket

#### Lunch

Turkey ala King over rice w/ biscuit **13**

#### Sides

Steamed Broccoli  
 Celery Sticks w/ sun butter  
 Peaches  
 Fresh Fruit Basket

#### Lunch

Variety of Pizza **14**

#### Sides

Side Salad w/ dressings  
 Baked Beans  
 Pineapple  
 Fresh Fruit Basket

#### Lunch

Toasted Ham & Cheese Sandwich **15**

#### Sides

Chicken Noodle Soup  
 Carrot Sticks w/ dip  
 Pears  
 Fresh Fruit Basket

#### Lunch

Chicken Nuggets w/ sauce & Pretzel Rods **18**

#### Sides

Parsley Potatoes  
 Green Beans  
 Fruit Mix  
 Fresh Fruit Basket

#### Lunch

Oven Fried Chicken w/ Biscuit **19**

#### Sides

Macaroni & Cheese  
 Steamed Spinach  
 Flavored Raisins  
 Fresh Fruit Basket

#### Lunch

Tacos on a Hard or Soft Shell **20**

#### Sides

Nachos & Salsa  
 Steamed Spinach  
 Peaches  
 Fresh Fruit Basket

#### Lunch

Variety of Pizza **21**

#### Sides

Side Salad w/ dressings  
 Baked Beans  
 Pineapple  
 Fresh Fruit Basket

#### Lunch

Toasted Ham & Cheese Sandwich **22**

#### Sides

Vegetable Soup  
 Carrot Sticks w/ dip  
 Pears  
 Fresh Fruit Basket

#### Lunch

Popcorn Chicken Bites w/sauce & Pretzel Rods **25**

#### Sides

Roasted Herb Potatoes  
 Green Beans  
 Fruit Mix  
 Fresh Fruit Basket

#### Lunch

Chicken Caesar Salad w/ croutons & crackers **26**

#### Sides

Nachos & Salsa  
 Confetti Corn Salad  
 Flavored Raisins  
 Fresh Fruit Basket

#### Lunch

Variety of Pizza **27**

#### Sides

Steamed Broccoli  
 Celery Sticks w/ sun butter  
 Peaches  
 Fresh Fruit Basket

#### Lunch

**Take me out to the Ball Game** **28**  
 Hot Dogs

#### Sides

French Fries / Baked Beans  
 Flavored Raisins  
 Fresh Fruit Basket

#### Lunch

Toasted Ham & Cheese Sandwich **29**

#### Sides

Chicken Noodle Soup  
 Carrot Sticks w/ dip  
 Pears  
 Fresh Fruit Basket

This Institution is an Equal Opportunity Provider