




March, 2018 Kennett High School & A. Crosby Kennett Middle School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday	Breakfast
			1	2	
			Sweet & Sour Pork, Brown Rice Pilaf, Zucchini Squash, Salad Bar, Fresh Fruit, Milk/ Juice	Double Hamburger/ Cheeseburgers, Whole Grain Bun, Peas, Salad Bar, Fresh Fruit, Milk	<p>Breakfast Available Daily Monday- French Toast, Maple Syrup Tuesday- Sausage, egg and cheese Sandwich on WG English Muffin Wednesday & Thursday- Whole Grain Donuts or Assorted WG Muffin Friday- Yogurt with Fruit and homemade Granola Our breakfasts include fruit or juice and choice of milk, 1%, skim, or fat-free flavored.</p>
5	6	7	8	9	
Chicken Fajita, Whole Wheat Tortilla, Dirty Brown Rice, Salad Bar, Fresh Fruit, Milk	Open Faced Hot Turkey Sandwich, Gravy, Whole Grain Bread, Butternut Squash, Cranberry Sauce, Fresh Fruit, Milk/ Juice	Grilled Cheese Sandwich, Whole Grain Bread, Tomato Soup, Goldfish Crackers, Fresh Fruit, Milk	BBQ Pulled Pork Sandwich, Whole Grain Bun, Pineapple Cole Slaw, Baked Beans, Fresh Fruit, Milk/ Juice	Hamburger/ Cheeseburger, Whole Grain Bun, Lettuce & Tomato, Seasoned Fries, Fresh Fruit, Milk	
12	13	14	15	16	
Macaroni & Cheese, California Blend Veggies, Salad Bar, Fresh Fruit, Milk	TRY-IT-TUESDAY Cuban Sandwich, Whole Grain Bread, Salad Bar, Fresh Fruit, Milk/ Juice	Chicken Lo Mein, Pork Fried Rice, Veggie Egg Roll, Salad Bar, Fresh Fruit, Milk	Roast Turkey, Whole Grain Herb Stuffing, Gravy, Salad Bar, Fresh Fruit, Milk/ Juice	Baja Fish Tacos, Pineapple Cole Slaw, Salad Bar, Fresh Fruit, Milk	
19	20	21	22	23	
Grilled Chicken on a Caesar Salad, Whole Grain Garlic Bread Stick, Fresh Fruit, Milk	Beef Shephard's Pie, Mashed Potatoes, Corn, WG Breadstick, Fresh Fruit, Milk/ Juice	Chili Con Carne Bowl, Homemade Cornbread, Salad Bar, Fresh Fruit, Milk	Chicken & Broccoli Penne, Foccachio, Salad Bar, Fresh Fruit, Milk/ Juice	No School	
26	27	27	29	30	
Open Faced Hot Turkey Sandwich, Whole Grain Bread, Butternut Squash, Cranberry Sauce, Fresh Fruit, Milk/ Juice	TRY-IT-TUESDAY Popcorn Chicken, Mashed Potatoes, Corn, Fresh Fruit, Milk/ Juice	Philly Cheesesteak, Garlic Roasted Potatoes, Carrots, Fresh Fruit, Milk	Pork Carnitas, Black Bean Hummus, Corn Tortilla Chips, Fresh Fruit, Milk	Chicken Parmesan Sandwich, Whole Grain Bun, Sweet Potato Fries, Zucchini & Summer Squash, Salad Bar, Fresh Fruit Milk	
31					

Alternate Lunch Offered Daily choices of:
 Pizza~ Cold/ Hot
 Sandwich~ Hot Soup~
 Hummus & Veggies or
 Chips~ Salad Bar~
 Served with Fruit and Milk or Juice