

# March 2023 Lunch Menu

## Middle School and High School

**Student Lunch - \$3.25**  
**Adult Meals - \$5.02+tax**

Lunch includes  
3 of the 5 components:  
Choice of Fruit, Vegetable, Grain,  
Meat/ Meat Alternative and Milk  
(Must include a Fruit or a Vegetable)

**Milk Choice:**  
Skim, 1% or Fat Free Chocolate  
(Hormone & Antibiotic Free)

**Daily Options:**  
HS: Made to Order Deli  
MS: Premade Sandwiches and Salads  
Pizza: Cheese, Pepperoni, and  
Specialty Pies  
Chicken Patties, Burgers  
Chicken Tenders  
Assorted Fruit and Vegetable Options

**\*Accommodations for Special Dietary  
Needs are available only to students  
with an annually completed  
"Special Dietary Needs Medical  
Statement Form"**

Any questions please email:  
[rosenthal-liana@aramark.com](mailto:rosenthal-liana@aramark.com)

**\*Menu is subject to change\***

WG- Whole Grain  
WW- Whole Wheat



This institution is an equal opportunity provider.



1

Philly Cheese Steak  
Steamed Broccoli  
Orange

2

Cheesy Lasagna  
Roasted Cauliflower  
Strawberries

3

WG Penne with  
Meat (Beef) Sauce  
Dinner Roll  
Steamed Green Beans  
Fresh Melon

6

**Meatless Monday**  
WG Penne Alfredo  
Roasted Cauliflower  
Garlic Toast  
Red and Green Grapes

7

**Brunch for Lunch**  
WG Pancakes  
Turkey Sausage  
Hashbrowns  
Fresh Strawberries

8

Sausage and Pepper  
Hero  
Sweet Potato Fries  
Fresh Apple

9

General Tso's Chicken  
Brown Rice  
Steamed Broccoli  
Orange

10

Hot Dog (Beef)  
on a WG Bun  
Baked Beans  
Steamed Green Beans  
Apple

13

**Meatless Monday**  
Pizza Bagels  
Red Pepper Strips  
Honeydew Melon

14

Chicken Parm  
WG Spaghetti  
Steamed Broccoli  
Grapes

15

**EARLY DISMISSAL**

**NO LUNCH SERVED**

16

Popcorn Chicken  
Mashed Potatoes  
Seasoned Corn  
Strawberries

17

Bacon (pork), Egg, and  
Cheese Sandwiches  
Hashbrowns  
Watermelon

20

**Meatless Monday**  
Baked Mac and Cheese  
Garlic Toast  
Roasted Cauliflower  
Apple

21

**Brunch for Lunch**  
WG Pancakes  
Turkey Sausage  
Hashbrowns  
Fresh Strawberries

22

Grilled Chicken Caesar  
Salad WG Wrap  
Baby Carrots  
Grapes

23

Meatballs (Beef)  
WG Spaghetti  
Steamed Broccoli  
Fresh Melon

24

Chicken Nachos  
Cheese Sauce  
Black Beans  
Orange

27

**Meatless Monday**  
Cheese Quesadilla  
Brown Rice  
Seasoned Corn  
Pineapple

28

Chicken Parm Hero  
Roasted Broccoli  
Fresh Melon

29

Bacon (pork)  
Cheeseburger (Beef)  
Sweet Potato Fries  
Strawberries

30

Buffalo Chicken Wrap  
Mozzarella Cheese  
Celery Sticks  
Grapes

31

Turkey and Mozzarella  
Melt Sandwich  
Steamed Green Beans  
Apple