

## Middle School MARCH 2020

\* denotes an upcharge. Menus are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Roast Beef Sandwich or Spinach & Cheese Quiche Ranch Tater Tots Brussels Sprouts Vegetable Medley Gluten Free: BBQ Beef	3 Hamburger or Black Bean Burger Shoestring Fries Baked Parmesan Cauliflower Vegetable Medley  Gluten Free: Hamburger on GF Bun	Carolina Pulled Pork or Tomato & Pimento Flats Cajun Sweet Potato Wedges Greens & Black Eyed Peas Vegetable Medley Gluten Free: Carolina Pulled Pork	5 Parmesan Crusted Chicken or Breaded Eggplant w/ Red Pepper Sauce Risotto Steamed Broccoli Vegetable Medley  Gluten Free: GF Parmesan Chicken	6 Cheesy Pizza Pockets or Seared Salmon Wild Rice Pilaf Green Beans Vegetable Medley Gluten Free: GF Pizza
9 Meatball Hoagies or Creamy Artichoke Crepes Farfalle Roasted Zucchini Vegetable Medley Gluten Free: GF Meatball Hoagie	10 Chicken Sandwich (grilled or fried) or Portabella Rustic Sandwich Toasted Orzo Gratin Asparagus Vegetable Medley Gluten Free: GF Chicken Sandwich	Three Cheese Toastie or Corned Beef Brisket Steak Fries Baked Beans Vegetable Medley  Gluten Free: GF Toastie	12 Chicken Nuggets or Marinated Vegetable Wrap Au Gratin Potatoes Roasted Cauliflower Vegetable Medley Gluten Free: GF Chicken Chunks	13  Cheese Pizza  or Potato Crusted Cod  Tomato Basil Barley  Corn  Vegetable Medley  Gluten Free: GF Pizza

