



Dinner

CICS: West Belden

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Popcorn Chicken Salad w/ breadstick Fresh Baby Carrots Applesauce	3 V-Sun Butter & Jelly Sandwich Side Salad Fresh Apple Slices	4 Buffalo Chicken Wrap Fresh Celery Sticks Fresh Banana	5 Chicken Ham & Cheese Sub Cucumber Slices Pears	6 Turkey & American Cheese Sub Fresh Baby Carrots Fresh Apple	<p>Special News...</p> <p>JOIN US FOR DINNER!</p> <p>Dinner available every day for ALL students at #NO charge</p> <p>JOIN US FOR LUNCH!</p> <p>Daily Options:</p> <ol style="list-style-type: none"> Hot Entrée Cold Sandwich Salad Entree <p><small>Menus are subject to change without notice.</small></p>
9 Turkey & Cheddar Cheese Sandwich Fresh Celery sticks Applesauce	10 V-Fruit, Yogurt & Cheese Plate w/ Graham Crackers Fresh Baby Carrots Fresh Apple Slices	11 Beef Taco Salad Fresh Cucumber Slices Fresh Banana	12 Popcorn Chicken Salad w/ Roll Fresh Baby Carrots Pears	13 Sun Butter and Jelly Sandwich Side Salad	
16 V-Fruit, Yogurt & Cheese Plate, Cinnamon Graham Crackers Fresh Cucumber Slices Applesauce	17 Turkey & Cheese Sandwich Fresh Baby Carrots Fresh Apple Slices	18 Chicken Ham & Cheese Sub Celery Sticks Fresh Apple	19 Chicken Caesar Salad w/ Breadstick Fresh Baby Carrots Pears	20 Sun Butter and Jelly Sandwich Side Salad Fresh Banana	
23 Turkey & American cheese Sandwich Fresh Celery Sticks Applesauce	24 Ham & Swiss Sub Fresh Baby Carrots Fresh Apple Slices	25 V-Sun Butter & Jelly Sandwich Fresh Grape Tomato Fresh Banana	26 Popcorn Chicken Salad w/ Roll Fresh Cucumber Slices Pears	27 Chicken Ham & PepperJack Cheese Sandwich Side salad Fresh Apple	
30 Turkey & American cheese Sandwich Fresh Grape Tomatoes Applesauce	31 V-Fruit, yogurt & Cheese Plate, Cinnamon Graham Crackers Side Salad Fresh Apple Slices				

All menu items do NOT contain pork, all Bread items served are WHOLE GRAIN.

What makes a meal?



Entrée (option 1, 2 or 3) + Fruit + Veggie
Milk (optional)

View nutrition and allergy info at: cics.schooldish.com



Healthy for Life™ Meals

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