



Lunch

CICS: West Belden

March 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>Special News...</p> <p>PARENTS! Encourage your student to grab a breakfast and lunch every day, <u>at no charge.</u></p> <p>A nutritious meal helps with attentiveness in class and improved test scores!</p> <p>Daily Options:</p> <ol style="list-style-type: none"> Hot Entrée Cold Sandwich Salad Entrée <p><small>Menus are subject to change without notice.</small></p>
<p>2</p> <ol style="list-style-type: none"> Cheeseburger V-Sun Butter & Jelly Sandwich Turkey Chef Salad w/ Roll <p>Applesauce & Fresh Orange Tater Bites</p>	<p>3</p> <ol style="list-style-type: none"> Chicken Parmesan w/ Spaghetti Buffalo Chicken Wrap V-Tossed Cheese salad w/pretzel rod <p>Fresh Orange Wedges & Fresh Apple Slices</p>	<p>4</p> <ol style="list-style-type: none"> Oven Baked Chicken Tenders V-Sunbutter & Jelly Sandwich V-Egg Caesar Salad w/ Roll <p>Fresh Grapes & Fresh Banana Baked Beans</p>	<p>5</p> <ol style="list-style-type: none"> V-Homemade Cheese Pizza Turkey & American Cheese Sub Chicken Ham & Cheese Salad w/pretzel rod <p>Pears & Apple Slices Steamed Carrots</p>	<p>6</p> <ol style="list-style-type: none"> Cheese Ravioli w/marinara sauce Turkey & Cham & Pepper jack cheese Wrap Popcorn chicken Salad w/breadstick <p>Whole Apple & Ripe Banana Steamed Broccoli</p>	
<p>9</p> <ol style="list-style-type: none"> Waffles & Sausage Chicken Ham & Cheese Sub V-Fruit, Yogurt & Cheese Plate w/ Graham Crackers <p>Applesauce & Fresh Orange Sweet Potato Tots</p>	<p>10</p> <ol style="list-style-type: none"> Chicken Quesadilla V-Sun Butter & Jelly Sandwich Popcorn Chicken Salad w/ Roll <p>Fresh Orange Wedges & Fresh Apple Slices Refried Beans</p>	<p>11</p> <ol style="list-style-type: none"> Oven Baked Chicken Bites w/Soft Pretzel Chicken Caesar Wrap V-Egg Chef Salad w/ Pretzel Rod <p>Fresh Grapes & Fresh Banana Tater Bites</p>	<p>12</p> <ol style="list-style-type: none"> Korean Beef Meatballs w/ Rice V-Sun Butter & Jelly Sandwich Turkey Chef Salad w/ Roll <p>Pears & Fresh Apple Slices Orange Glazed Carrots</p>	<p>13 PIZZA FRIDAY!</p> <ol style="list-style-type: none"> Cheese Pizza Turkey & Cheddar Cheese Sandwich V-Tossed Cheese Salad w/Pretzel Rod <p>Whole Apple & Ripe Banana Steamed Green Beans</p>	
<p>16</p> <ol style="list-style-type: none"> Chicken Patty Sandwich Turkey & Cheese Sandwich V- Cheese Salad w/Roll <p>Applesauce & Fresh Orange Tater Bites</p>	<p>17</p> <ol style="list-style-type: none"> Cheeseburger Chicken Ham & Cheese Sub V-Egg Chef Salad w/pretzel rod <p>Orange Wedges & Fresh Apple Slices Veg. Baked Beans</p>	<p>18</p> <ol style="list-style-type: none"> Pancakes w/sausage V-Egg Salad Sandwich Chicken Caesar Salad w/ Breadstick <p>Fresh Grapes & Fresh Banana Sweet Tater Bites</p>	<p>19</p> <ol style="list-style-type: none"> Chicken Mashed Potato Bowl V-Sun Butter & Jelly Sandwich Popcorn Chicken Salad w/ Roll <p>Pears & Fresh Apple Slices Corn</p>	<p>20</p> <ol style="list-style-type: none"> V-Cheese Stuffed Breadsticks w/ Marinara Sauce Turkey & Swiss Cheese Sub V-Fruit, Yogurt & Cheese Plate w/Graham Crackers <p>Apple & Banana Broccoli</p>	
<p>23</p> <ol style="list-style-type: none"> Penne Alfredo w/ Chicken Ham & Swiss Sub V-Chef Salad w/Pretzel Rod <p>Applesauce & Fresh Orange Green Peas</p>	<p>24</p> <ol style="list-style-type: none"> Orange Popcorn Chicken over Rice V-Sun Butter & Jelly Sandwich Chicken Caesar Salad w/ Breadstick <p>Orange Wedges & Apple Slices Steamed Broccoli</p>	<p>25 National HOT DOG Day!</p> <ol style="list-style-type: none"> Turkey Dog on a Whole Grain Bun Turkey & Provolone Sandwich Popcorn Chicken Salad w/ Roll <p>Grapes & Banana Tater Bites</p>	<p>26</p> <ol style="list-style-type: none"> V-Homemade Cheese Pizza Chicken Ham & Pepper Jack Cheese Sandwich Beef Taco Salad <p>Pears & Apple Slices Steamed Green Beans</p>	<p>27</p> <ol style="list-style-type: none"> V-Cheese Quesadilla Buffalo Chicken Wrap V-Tossed Cheese Salad w/Pretzel Rod <p>Whole Apple & Ripe Banana Refried Beans</p>	
<p>30</p> <ol style="list-style-type: none"> Teriyaki Chicken w/ Rice Chicken Ranch Wrap V-Caesar Salad w/ Breadstick <p>Applesauce or Fresh Orange Steamed Green Beans</p>	<p>31</p> <ol style="list-style-type: none"> Beef Tacos V-Sun Butter & Jelly Sandwich Turkey & Cheese Salad w/Pretzel Rod <p>Fresh Orange Wedges & Apple Slices Kickin' Pinto Beans</p>				

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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