



# MARCH | 2017

## Meigs High School Breakfast

*This institution is an equal opportunity provider*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Breakfast Pizza	<b>2</b> Sausage Gravy & Biscuit	<b>3</b> Pancakes
<b>6</b> Pancake Wrap	<b>7</b> Scrambled Egg Patty Bacon Toast	<b>8</b> Breakfast Pizza	<b>9</b> Sausage Gravy & Biscuit	<b>10</b> Mini Blueberry Pancakes
<b>13</b> Old Fashioned Oatmeal	<b>14</b> Egg Omelet Sausage Toast	<b>15</b> Breakfast Pizza	<b>16</b> Sausage Gravy & Biscuit	<b>17</b> Bacon, Egg, and Cheese Burrito
<b>20</b> No School Waiver Day	<b>21</b> Scrambled Egg Patty Bacon Toast	<b>22</b> Breakfast Pizza	<b>23</b> Sausage Gravy & Biscuit	<b>24</b> Fruit and Yogurt Parfait
<b>27</b> Pancake Wrap	<b>28</b> Egg Omelet Sausage Toast	<b>29</b> Breakfast Pizza	<b>30</b> Sausage Gravy & Biscuit	<b>31</b> Pancakes

### News

Reminder: Milk, assorted fruit, and 100% juice are offered with every meal.

Students must choose at least 3 of 4 offered items.

\*Menu subject to change.



# MARCH | 2017

## Meigs High School Lunch

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> Mini Cheese Ravioli w/ Marinara Sauce Spinach & Strawberry Salad Garlic Toast	<b>2</b> Taco in a Bag Refried Beans Brownie	<b>3</b> Bosco Sticks Carrots w/ Ranch
<b>6</b> Pulled Pork Sandwich Sweet Potato Tots	<b>7</b> Corn Dog Broccoli & Cheese	<b>8</b> Chicken and Noodles Green Beans Apple Turnover	<b>9</b> Beef Fiestada Pinto Beans	<b>10</b> 3 Cheese Calzone Corn
<b>13</b> Cheeseburger Baked Beans	<b>14</b> BBQ Rib Sandwich California Blend Vegetables	<b>15</b> Asian Chicken Stir Fry Rice Fortune Cookie	<b>16</b> Steak & Cheese Sub Sweet Potato Waffle Fries	<b>17</b> Cheese Quesadilla Succotash
<b>20</b> No School Waiver Day	<b>21</b> Crispy Chicken Sandwich Potato Smiles	<b>22</b> Spaghetti w/ Meatballs Spinach & Strawberry Salad Garlic Toast	<b>23</b> Buffalo Chicken Strips Mozzarella Sticks Carrots w/ Ranch	<b>24</b> 3 Cheese French Bread Pizza Cherry Slushies
<b>27</b> Ham & Cheese Pocket Broccoli & Cheese	<b>28</b> Taco Dog Refried Beans Brownie	<b>29</b> Salisbury Steak Mashed Potatoes Gravy Hot Roll Apple Turnover	<b>30</b> Rotini w/ Meaty Marinara Soft Pretzel w/ Cheese Cup	<b>31</b> Stuffed Crust Cheese Pizza Corn

**Note: March 10 – April 14**

*All Meigs Local cafeterias will be offering a fish or vegetarian option on Fridays for those students observing Lent.*

**Reminders: Romaine Salad, assorted fruit, and milk are offered with every meal.**

**Students must take at least 3 items at lunch (one being a fruit or vegetable), but are encouraged to take all 5 offered items!**

**These entrees are also offered daily:**

- **Pepperoni Pizza**
- **Popcorn Chicken Salad**
- **Peanut Butter & Jelly**
- **Ham/Cheese or Turkey/Cheese Sandwich**

**\*Menu subject to change**