

Senior High School Lunch Menu & Info

This institution is an equal opportunity provider. Menus are subject to change.



Friday, March I

*"NEW ITEM"

*Jamaican Beef Pattv *Tuna Salad Sub

Sides

Tasty Green Beans **Diced Peaches Fantastic** Fresh Fruit **Tossed Salad**



Monday, March 4

*Cheese Stuffed Crust Pizza *Turkey & Cheese on Pretzel Roll

Sides

"Hash Tag" **Sweet Potato Fries Tomato Soup** Mixed Fruit Fresh Fruit **Tossed Salad**

Tuesday, March 5

"NEW ITEM"

*Breaded Chicken Drumstick Corn Bread *Tuna Salad Sub

Sides

Fresh Steamed Broccoli Applesauce Cup Fantastic Fresh Fruit Tossed Salad

Wednesday, March 6

*Fajita Chicken on Loco Bread With all the Trimmings *Fish on a Bun *Ham & Cheese on

Whole Wheat Sides

Golden Hash Brown Patty Warm Apples Fantastic Fresh Fruit **Tossed Salad**

A clock can't always tell you

when it's time for breakfast!

start your day. Or eat when

you get where you're going

Eat at home, before you

Thursday, March 7

*Italian Rotini Pasta Meatballs (beef) Garlic Bread *Deli (bologna) on Whole Wheat

Sides

Tastv Green Beans **Diced Peaches Fantastic** Fresh Fruit **Tossed Salad**

Friday, March 8

*"Juicv" Cheeseburger on a Bun *Crispy French Fries

*Fish on a Bun

*Roasted Chicken Salad Wrap

Sides

Baked Beans Diced Pears Fantastic Fresh Fruit **Tossed Salad**

The original value meal & still a fantastic deal!

Breakfast

Secondary

Lunch

Elementary

Secondary

Get in touch with us today to learn more about free and reduced-price meals in our district: 359-5388 or kstetter@rhnet.org



AVAILABLE DAILY

Choose One

*Entrée of the Day

*Deli Line (assorted sandwiches) *Cheeseburger on a Bun

*Domino's Pizza

*To Go Lunches at "The Oasis" **Vegetarian Options upon request**

Assorted Milk & 100% Juice with all Purchased Meals









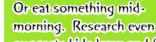












suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. **WELLNESS IS A WAY OF LIFE!**

OFF THE CLOCK.

Spring **Forward**



Sunday,

PREPAYMENT OPTIONS

You may prepay for breakfast, lunch & snacks by giving the cashier Cash or Check. Or use Visa or MasterCard. credit/debit card or e-checks by calling 866-727-3053 Or log on to www.MyPaymentsPlus.com

If you need your child's Student number to set up a new account on My Payments Plus please call 359-5388.



Monday, March II

*"Big Daddy's" Primo Cheese Pizza *Turkey & Cheese on Loco Bread

Sides Fresh Steamed Broccoli Mixed Fruit Fantastic Fresh Fruit **Tossed Salad**

Tuesday, March 12

"Asian Chicken Fluffy Rice Veggie Egg Roll *Tuna Salad Sub

Sides

Oriental Blend Vegetables Mandarin **Oranges** Fantastic Fresh Fruit **Tossed Salad**

Wednesday, March 13

*Turkey & Ham Panini Pasta Salad *Deli (bologna) on WW

Sides

Honey Glazed Carrots Warm Sliced Apples **Fantastic** Fresh Fruit **Tossed Salad**

Thursday, March 14

"Mucho Grande"

*Mexican Taco Boat (beef or pork) With Trimmings Mexican Rice *Ham & Cheese on WW Pretzel Roll

Sides

Sunshine Corn **Diced Peaches** Fantastic Fresh Fruit **Tossed Salad**

Friday, March 15

"NEW ITEM"

*Waffle Battered Chicken Fritters Warm Dinner Roll *Fish on a Bun

*Turkey Cheddar Wrap

Sides

Baked Beans Tomato Soup Berry Cup Fresh Fruit **Tossed Salad**



Monday, March 18

*Breaded, hot & spicy or grilled Chicken Patty on a Bun *Deli (bologna) on WW

Sides

Hot Mixed Vegetables **Emerald Pears** Fresh Fruit **Tossed Salad** Ice Cream cup with

Tuesday, March 19

*"Zweigle's"

Hot Dog on a Roll Texas Chili Turkey & Cheese on Whole Wheat

Sides

Fresh Steamed Broccoli Side Kick Fantastic Fresh Fruit Tossed Salad

Wednesday, March 20

*Personal Pan Cheese & Pepperoni Pizza *Ham & Cheese Sub

Sides Fresh Baby Carrots Pineapple Tidbits **Fantastic** Fresh Fruit **Tossed Salad**

Thursday, March 21

*Mozzarella Sticks With Sauce Pasta (rotini) with Sauce Warm Dinner Roll *Turkey Cheddar Wrap

Sides

Texas Caviar Mixed Fruit Fantastic Fresh Fruit **Tossed Salad**

Friday, March 22



School Today

Native Americans had special names for every full moon of the year. One name for this month's full moon is the "Full Crust Moon, "because by March snow cover is melting during the day and refreezing and crusting over

by night.

Monday, March 25

All Meals today

*Popcorn Chicken *Smackers Fluffy Rice Southern Biscuit *Deli (bologna) on Whole Wheat

Sides

Fresh Steamed Broccoli **Applesauce Cup** Fresh Fruit **Tossed Salad**

Tuesday, March 26

"Cheese Meatloaf on a Bun Crispy Onion Rings *Ham & Cheese on Whole Wheat

Sides

Green Peas Pineapple Tidbits **Fantastic** Fresh Fruit **Tossed Salad**

Wednesday, March 27

"Nacho Grande"

*Mexican Taco (beef or pork) on Nacho Chips With Trimmings Mexican Rice *Roasted Chicken Salad Wrap

Sides

Refried Beans Mixed Fruit Fresh Fruit **Tossed Salad**

Thursday, March 28

*Cheese or White Garlic Pizza Pasta Salad *Turkev Cheddar Wrap

Sides

Sweet Potato Fries Tomato Soup **Diced Pears Fantastic** Fresh Fruit **Tossed Salad**

Friday, March 29

*Baked Pasta with Meaty Sauce Warm Breadstick *Fish on a Bun

*Tuna Salad Sub **Sides**

Tastv **Green Beans Diced Peaches** Fantastic Fresh Fruit **Tossed Salad**