

Menus for March 2019

Sherman & Vollmer Schools Lunch Menu & Info

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



Friday, March 1

*"NEW ITEM"

- *Jamaican Beef Patty
- *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

- 100% Fruit Juice
- Fresh Steamed Broccoli
- Applesauce Cup
- Fantastic
- Fresh Fruit
- Tossed Salad

Wednesday, March 6

"Brunch for Lunch"

- *Mini Pancakes in a Bag
- Pork Sausage Patties
- *Fish on a Bun

- *Ham & Cheese on Whole Wheat

Sides

- Golden
- Hash Brown Patty
- Warm Apples
- Fresh Fruit
- Tossed Salad

Thursday, March 7

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

Sides

- 100% Fruit Juice
- Tasty
- Green Beans
- Diced Peaches
- Fantastic
- Fresh Fruit
- Tossed Salad

Friday, March 8

*"Juicy"

- 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

Lunch

\$1.70 1.70

\$2.40 \$2.70

Elementary Secondary

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
*Sandwich of the Day, *PBJ
*Build your own yogurt plate
Monday Wednesday Friday
Hamburger on a Bun
Tuesday & Thursday
Hot Grilled Chicken Patty on a Bun
Assorted Milk with all meals

OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even 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!

Spring Forward



Sunday, March 10

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 11

****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
100% Fruit Juice
Oriental Blend
Vegetables
Mandarin Oranges
Fantastic
Fresh Fruit
Tossed Salad

Wednesday, March 13

"Brunch for Lunch"
*French Toast Sticks
with Syrup
Pork Sausage
Patties
*Deli (bologna) On WW
Sides
Honey Glazed
Carrots
Warm 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
100% Fruit Juice
Sunshine Corn
Diced Peaches
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 Chicken
Patty on a Bun**
*Deli (bologna) on WW
Sides
Hot Mixed
Vegetables
Emerald Pears
Fantastic
Fresh Fruit
Tossed Salad
**Ice Cream cup
with
All Meals today**

Tuesday, March 19

****Zweigle's****
Hot Dog on a Roll
Texas Chili
Turkey & Cheese
on Whole Wheat
Sides
100% Fruit Juice
Fresh Steamed
Broccoli
Side Kick
Fantastic
Fresh Fruit
Tossed Salad

Wednesday, March 20

*Personal Pan
Cheese 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
*Turkey Cheddar
Wrap
Sides
100% Fruit Juice
Texas Caviar
Mixed Fruit
Fantastic
Fresh Fruit
Tossed Salad

Friday, March 22



**No
School
Today**



MARCH 17

Follow a Rainbow to a Pot o' Gold!

Monday, March 25

*Popcorn Chicken
*Smackers
Southern Biscuit
*Deli (bologna) on
Whole Wheat
Sides
Fresh Steamed
Broccoli
Applesauce Cup
Fantastic
Fresh Fruit
Tossed Salad

Tuesday, March 26

"Cheese Meatloaf
on a Bun
Crispy Onion Rings
*Ham & Cheese
on Whole Wheat
Sides
100% Fruit Juice
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
*Turkey
Cheddar Wrap
Sides
100% Fruit Juice
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
Tasty
Green Beans
Diced Peaches
Fantastic
Fresh Fruit
Tossed Salad

**MANY
MOONS**

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 re-freezing and crusting over by night.