

# Menus for March 2019

## Roth Junior High School 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

- 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

### Thursday, March 7

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

#### Sides

- 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

AVAILABLE DAILY

Choose One

- \*Entrée of the Day
- \*Sandwich of the Day, \*PBJ
- \*Cheeseburger on a Bun
- \*Domino's Pizza
- \*Grilled Chicken Salad Plate (may choose a fruit or vegetable)

Assorted Milk & 100% Juice with all Purchased 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

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

## 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](http://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

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  
All Meals today**

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 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



**No  
School  
Today**



**MARCH 17**

**Follow a Rainbow to a Pot o' Gold!**

Monday, March 25

\*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  
\*Turkey  
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

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.