

Middle/Jr March Menu 2020

#N/A

			Monday	Tuesday	Wednesday	Thursday	Friday				
			Dr Seuss Birthday		Louisiana School Lunch Week						
Week 2	Daily Require	Weekly Require	2 Main Menu	Sandwich Line	3 Main Menu	Sandwich Line	4 Main Menu	Sandwich Line	5 Main Menu	Sandwich Line	6 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 MMA	Sweet & Sour Chicken (2M/MA)	Chicken Patty (2M/MA)	Fajita (2M/MA)	Grilled Cheese (2M/MA)	Breezy Beef Mac (2M/MA)	Breaded, Spicy, or Grilled	Chicken (2 M/MA) Fried	Hot Dog (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA) Offer Additional Sandwich Choice
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Pear and Oranges (1/2c)		Peaches and Kiwi (1/2c)		Pineapple (1/2c)		Southern Baked Apples & Watermelon (1/2c)		Raisins/Cran (1/4=1/2c)
Veggie (G)	3/4c	1/2c (min)	Broccoli Florets (1/2c)	Greenleaf lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Yogurt & Breezy - Carrots (1/4c)	Regular Fries (3/4c)	Potato Salad(1/4c)	Sweet Potato Fries (3/4c)	Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Steamed Carrots (1/4c)	Regular Fries (3/4c)	Salsa (1/4c)	Salsa (1/4c)	Green Beans (1/2c)	Zucchini & Squash (1/4c)		Tots (3/4c)	Tomato, sliced(1/4c)
Veg. (S)	1/2c	1/2c			Corn (1/2c)						Fries or Tots(3/4c)
Veg. (O)	1/2c	1/2c									
Legume		1/2c							Baked Beans (2/3c = 1/2c)		
WG Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Rice (1/2c=1B)	Bun, Purchased (2B/G)	Fajita-Tortilla (1=1B/G)	Sliced Bread, purchased (2B/G)	French Bread (1B/G) (1/2c =1B/G)	Bun, Purchased (2B/G)	Roll (2B/G)	Bun, Purchased (2B/G)	Bun, Purchased (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos		Parmesan cheese				Cupcake or Cake
Week 3	Daily Require	Weekly Require	9 Main Menu	Sandwich Line	10 Main Menu	Sandwich Line	11 Main Menu	Sandwich Line	12 Main Menu	Sandwich Line	13 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 MMA	Chicken Tender(2M/MA, 1.25B/G)	Chicken Patty Slider(2M/MA)	Burrito, Beef w/ Cheese (3M/MA)	Nachos Supreme (2M/MA)	Meatloaf (2M/MA)	WG Pizza (2M/MA)	Chicken Patty (2M/MA)	Breaded, Spicy, or Grilled	Offer Additional Sandwich Choice
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		No Students
Fruit	1/2c	2 1/2cup	Pineapples and Apples (1/2c)		Applesauce (1/2c)		Pears (1/2c)		Bananas (1/2c)		
Veggie (G)	3/4c	1/2c (min)	Carrots, raw (1/4c)	Greenleaf lettuce (1/2c = 1/4c)	GreenLeaf Lettuce (1/2c = 1/4c)	GreenLeaf Lettuce (1/2c=1/4c)	Potatoes, Mashed w/Gravy (1/2c)	Salad (1c=1/2c)	Green Leaf (1/2c = 1/4c)		
Veggie (R/O)	3/4c (min)	3/4c (min)	Green Peas (1/2c)	Regular Fries (3/4c)	Salsa or Tomatoes, diced (1/4c)	Salsa or Tomatoes,diced(1/4c)	Zucchini & Squash (1/4c)	Pizza - Marinara (1/4c)	Regular Fries (3/4c)		
Veg. (S)	1/2c	1/2c									
Veg. (O)	1/2c	1/2c									
Legume		1/2c	Seasoned Rancho Pinto or Fiesta Black Beans (1/2c)								
WG Bread	1 B/G (Min.)	8-10 B/G	Roll (1 B/G) Mac & Cheese 1/2c (.75B/G + .75M/MA)	Bun 2-1oz=2oz	Burrito - Tortilla (1=2B/G)	Nacho Chips (2B/G)	Roll (2 B/G)	Pizza (2B/G)	Bun, Purchased (2B/G)		
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		
Extras					Sour Cream and Jalapenos	Sour Cream and Jalapenos	Rice Crispy Treat				
Week 4	Daily Require	Weekly Require	16 Main Menu	Sandwich Line	17 Main Menu	Sandwich Line	18 Main Menu	Sandwich Line	19 Main Menu	Sandwich Line	20 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 m/ma	Chicken Tender(2M/MA, 1.25B/G)	Chicken Patty (2M/MA) Breaded, Spicy, or Grilled	Gumbo (2M/MA)	Ham & Cheese (2M/MA)	Potato Bar	Fish Square (2M/MA)	Chicken (2 M/MA) BBQ,	Chicken Patty (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA) Offer Additional Sandwich Choice
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2 cup	Applesauce and Oranges (1/2c)		Mixed Fruit (1/2c)		Peaches and Frozen Fruit Cup (1/2c)		Pineapple (1/2c) and Fruit Crisp (1/2c=1/4c)		Raisins/Cran (1/4=1/2c)
Veggie (G)	3/4c	1/2c (min)	Steamed Broccoli (1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Salad (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Green Leaf (1/2c = 1/4c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Carrots, raw (1/2c)	Regular Fries (3/4c)	Potato Salad (1/2c)	Regular Fries (3/4c)	Baked Sweet Potato (1/2c)	Sweet Potato Fries (3/4c)	Regular Fries (3/4c)	Regular Fries (3/4c)	Tomato, sliced(1/4c)
Veg. (S)	1/2c	1/2c			Zucchini & Squash (1/4c)		Baked Potato (1/2c)				Fries or Tots(3/4c)
Veg. (O)	1/2c	1/2c									
Legume		1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c)								
WG Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Rice (1/2c=1B)	Bun, Purchased (2B/G)	Bread Stick (1B/G) Rice (1/2c = 1B/G)	Panini (2B/G) Bun, Purchased (2B/G)	Texas Toast (1 B/G)	Bun, Purchased (2B/G)	Biscuit (2B/G) Rice (1/2c = 1B/G)	Bun, Purchased (2B/G)	Bun, Purchased (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras							Brownie Sour Cream	Brownie Fish - offer tartar			
Week 1	Daily Require	Weekly Require	23 Main Menu	Sandwich Line	24 Main Menu	Sandwich Line	25 Main Menu	Sandwich Line	26 Main Menu	Sandwich Line	27 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 MMA	Chicken Tender(2M/MA, 1.25B/G)	Chicken Patty (2M/MA) Breaded, Spicy, or Grilled	Tacos, Beef (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA)	Fettuccini (2M/MA)	Chicken Patty (2M/MA) Breaded, Spicy, or Grilled	Catfish AND/OR Fish Strips (2M/MA)	BBQ Chicken (2M/MA)	Offer Choices Pizza (2M/MA)
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Peaches and Apples (1/2c)		Pears (1/2c)		Applesauce and Honeydew/Canteloupe (1/2c)		Mixed Fruit (1/2c)		Bananas (1/2c)
Veggie (G)	3/4c	1/2c (min)	Salad(1/2c=1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Greenleaf lettuce (1/2c = 1/4c)	Broccoli Florets (1/4c)	Carrots, raw (1/4c)	Potato Salad(1/2c)	Regular Fries (3/4c)	Broccoli Florets (1/2c)
Veggie (R/O)	3/4c (min)	3/4c (min)	Mashed Potatoes (1/2c) w/ gravy	Regular Fries (3/4c)	Salsa or Tomatoes, diced(1/4c)	Tomatoes sliced (1/4c)	Carrot, raw OR Slices, fz. (1/2c)	Regular Fries (3/4c)	Coleslaw (1/4c)	Regular Fries (3/4c)	Marinara Sauce (1/4c.)
Veg. (S)	1/2c	1/2c									
Veg. (O)	1/2c	1/2c									
Legume		1/2c	Ranchero Pinto or Fiesta Black Beans (1/2c)								
WG Bread	1 B/G (Min.)	8-10 B/G	Roll (2B/G)	Bun, Purchased (2B/G)	Taco-Cinnamon Breadsticks (1B/G) Tortilla (1=1B/G) Corn Shells (2=1.25B/G)	Bun, Purchased (2B/G)	Garlic Breadstick (1B/G) Pasta (1/2c =1B/G)	Bun, Purchased (2B/G)	Roll (2 B/G)	Bun, Purchased (2B/G)	Pizza (2B/G) Mozzarella Bread Sticks (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos		Cookie	Cookie	Tartar Sauce		

Week 2	Daily Require	Weekly Require	30 Main Menu	Sandwich Line	31 Main Menu	Sandwich Line	1 Main Menu	Sandwich Line	2 Main Menu	Sandwich Line	3 Both Lines
Meat/MA	1 M/MA (Min.)	9-10 M/MA	Sweet & Sour Chicken (2M/MA) OR Mandarin Orange Chicken (2M/MA)	Chicken Patty (2M/MA) Breaded, Spicy, or Grilled	Quesadilla (2 M/MA) (School Made)w/ Cheese	Grilled Cheese (2M/MA)	Meat Sauce (2M/MA)	Chicken Patty (2M/MA) Breaded, Spicy, or Grilled	Chicken (2 M/MA) , Baked	Hot Dog (2M/MA)	Hamburger (2M/MA) OR Cheeseburger (2M/MA) Offer Additional Sandwich Choice
Veg Option			*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option		*Vegetarian Option
Fruit	1/2c	2 1/2cup	Pear and Oranges (1/2c)		Peaches and Kiwi (1/2c)		Pineapple (1/2c)		Southern Baked Apples & Watermelon (1/2c)		Raisins/Cran (1/4=1/2c)
Veggie (G)	3/4c	1/2c (min)	Broccoli Florets (1/2c)	Greenleaf lettuce (1/2c = 1/4c)	Green Leaf Lettuce (1/2c = 1/4c)			Greenleaf lettuce (1/2c = 1/4c)			Green Leaf (1/2c = 1/4c)
Veggie (R/O)		3/4c (min)	Steamed Carrots (1/4c)		Salsa (1/4c)						Tomato, sliced(1/4c)
Veg. (S)		1/2c		Regular Fries (3/4c)	Corn (1/2c)	Regular Fries (3/4c)	Meat sauce (1/2c)	Yogurt & Breezy - Carrots (1/4c)	Regular Fries (3/4c)	Potato Salad(1/4c)	Fries or Tots(3/4c)
Veg. (O)		1/2c				Zuchini & Squash (1/4c)	Green Beans (1/2c)				
Legume		1/2c	Baked Beans (2/3c = 1/2c)								
WG Bread	1 B/G (Min.)	8-10 B/G	Breadstick (1B/G) Rice (1/2c=1B)	Bun, Purchased (2B/G)	Fajita-Tortilla (1=1B/G) Quesadilla-Tortilla (1=1B/G)	Sliced Bread, purchased (2B/G) Bun, Purchased (2B/G)	French Bread (1B/G) Spaghetti, Macaroni OR Lasagna (1/2c =1B/G)	Bun, Purchased (2B/G)	Roll (2B/G)	Bun, Purchased (2B/G)	Bun, Purchased (2B/G)
Milk	8oz		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate		Milk Choice: White, Strawberry, Chocolate
Extras					Sour Cream and Jalapenos		Parmesan cheese				Cupcake or Cake

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

***Vegetarian Options**
Yogurt & Cheese Stick
Sunbutter & Jelly Sandwich
Veggie Burger