

MARCH 2017 ACS High School Lunch

Grade 9-12 \$2.25



MONDAY

DID YOU KNOW...

March was the first month of the year until the Gregorian calendar began to be used in 1752.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Buffalo Style
Chicken Finger Sub

Shredded Lettuce
& Sliced Tomato
Rosy Pears
Sauteed Spinach
100% Fruit Juice
Fresh Fruit Bowl

Personal Pan
Pepperoni Pizza

Seasoned Green Beans
100% Fruit Juice
Fresh Fruit Bowl

Breakfast at Lunch
French Toast Sticks
w/ Warm Syrup & Sausage

Hash Browns
Orange Smiles
100% Fruit Juice
Fresh Fruit Bowl

Oven Baked Pork Chop
w/ Warm Dinner Roll

Mashed Potato & Gravy
Sweet Baby Peas
Cinnamon Apples
100% Fruit Juice
Fresh Fruit Bowl

Golden Grilled Cheese

Tomato Soup
w/ Oyster Crackers
Macaroni Salad
100% Fruit Juice
Fresh Fruit Bowl

Big Daddy
Pepperoni Pizza

Steamed Broccoli Cuts
Pineapple Tidbits
100% Fruit Juice
Fresh Fruit Bowl

Crispy Chicken Patty
on Wheat Bun

Shredded Lettuce
& Sliced Tomato
Baked Spiral Fries
100% Fruit Juice
Fresh Fruit Bowl

Warm Ham & Cheese
on Pretzel Bun
w/ Sunchips

Homemade Chili w/ Beans
Cinnamon Apples
100% Fruit Juice
Fresh Fruit Bowl

Chicken 'n Gravy
w/ Mashed Potato & Gravy
w/ Cinnamon Roll

Glazed Carrot Coins
100% Fruit Juice
Fresh Fruit Bowl

Happy St. Patrick's Day

Irish Potato Bar
w/ Chili or Cheese Sauce

Fresh Veggie Toppers
Fruited Jello w/ Topping
100% Fruit Juice
Fresh Fruit Bowl

Chicken Nuggets
w/ Dippin' Sauce
& Macaroni & Cheese

Steamed Broccoli Cuts
Fruit Juicee Treat
100% Fruit Juice
Fresh Fruit Bowl

Taco Tuesday
w/ Meat & Cheese

Shredded Lettuce
& Diced Tomato
Refried Beans
Spanish Rice
100% Fruit Juice
Fresh Fruit Bowl

Pic-a-Pizza
1. Stuffed Crust
2. Mexican
3. Buffalo Chicken

Golden Corn Kernels
Strawberry Cup
100% Fruit Juice
Fresh Fruit Bowl

Stuffed Shells
in Homemade Sauce
w/ Italian Bread

Tossed Green Salad
w/ ChiChi Beans & Dressing
100% Fruit Juice
Fresh Fruit Bowl

Shrimp Poppers
& Fries Boat

Creamy Coleslaw
Mandarin Oranges
100% Fruit Juice
Fresh Fruit Bowl

Popcorn Chicken
w/ Dippin' Sauce
& Cinnamon Roll

Golden Corn Kernels
Diced Peaches
100% Fruit Juice
Fresh Fruit Bowl

Double Dog w/ Toppings

Boston Baked Beans
100% Fruit Juice
Fresh Fruit Bowl

Pizza Boat
Pepperoni Sub

Tossed Green Salad
w/ ChiChi Beans & Dressing
Warm Apple Slices
100% Fruit Juice
Fresh Fruit Bowl

Turkey ala King
over Steamed Rice

Seasoned Green Beans
100% Fruit Juice
Fresh Fruit Bowl

Jumbo Pretzel
w/ Cheese Sauce

Steamed Broccoli Cuts
Fruit Assortment
100% Fruit Juice
Fresh Fruit Bowl

A La Carte

Offered Daily: Cheese Pizza,
Peanut Butter & Jelly, Salad Plate,
Yogurt Plate, Fresh Fruit in Season.

*Milk is available with all
full lunch purchases.

Milk\$.60
Lg. Cookies.....\$1.00
Ice Cream.....\$.75
Chips.....\$.75

*Unless otherwise noted, all
sandwiches are served on whole
wheat bread (when available).

The 2010 Dietary
Guidelines For
Americans recommend
that at least half of
your grains are whole.
For most people, that
translates into at least
48 grams daily.



USDA is an equal
opportunity employer.

After School Snacks
are available every
Monday thru Thursday
in the High School
Cafeteria
2:30pm-3:30pm

Salad Bar available
every Tuesday, Wed,
Thursday

