

**MARCH 2017 HIGH SCHOOL MENU**

**WEBSTER COUNTY SCHOOLS**

<b>MONDAY</b>		<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Salad Bar:</b> available daily (except Wednesday)-Assortment of fresh salad greens, vegetables such as carrots and broccoli, garbanzo beans, choice of dressings, and fresh and canned fruit.			<b>Milk Choices Include:</b> Fat-Free White, Skim, Fat-Free Chocolate <b>Water is available daily</b>		
		1	2	3	
		<b>NutriGrain Bar, Mixed Fruit Cereal, Juice, Milk</b>	<b>WG Pancakes, Frozen/Canned Fruit Cereal, Juice, Milk</b>	<b>Breakfast Burrito, Fruit Cereal, Juice, Milk</b>	
<b>Allergy Information:</b> This menu may contain one or more of the following ingredients; milk, eggs, peanuts, soybeans, tree nuts, and wheat.		<b>BREAKFAST-</b> Students must select at least 3 of 4 items being offered (Milk, Cereal, Fruit/Juice, and/or hot option) <b>MUST</b> select fruit/juice>  <b>LUNCH-</b> Students must select 3 of 5 food components; one component <b>MUST</b> be ½ fruit or vegetable.	<b>Chicken Tenders</b> Whipped Potatoes & Gravy Green Beans Tossed Salad WW Roll Fruit Milk	<b>Double Cheeseburger on WW Bun</b> Lettuce, Tomato, Onion Sweet Potato Fries Baked Beans Salad Bar Milk	<b>Chef Salad &amp; WG Crackers OR School Made Pizza w/Pepperoni</b> Seasoned Corn Broccoli Salad Salad Bar Milk
6	7	8	9	10	
<b>Breakfast Fritta, Canned Fruit Cereal, Juice, Milk</b>	<b>Breakfast Pizza, Applesauce Cereal, Juice, Milk</b>	<b>Yogurt, Frozen Blueberries/Strawberries Cereal, Juice, Milk</b>	<b>Blueberry Muffin, , Frozen/Canned Fruit, Cereal, Fruit, Juice, Milk</b>	<b>Scrambled Eggs &amp; Sausage, Fruit Cereal, Juice, Milk</b>	
<b>Creamed Chicken on WW Biscuit</b> Whipped Potatoes Savory Carrots Salad Bar Milk	<b>Taco Salad w/WG Tortilla Chips</b> Lettuce, Tomato, Cheese Refried Beans/Seasoned Corn Salsa/Sour Cream/Taco Sauce Salad Bar Milk	<b>Hamburger Steak</b> Whipped Potatoes & Gravy Green Beans Tossed Salad WW Roll Fruit Milk	<b>Chili w/Beans &amp; Crackers</b> Toasted Cheese Sandwich Fresh Carrots Salad Bar Milk	<b>Chef Salad &amp; WG Crackers OR French Bread Pizza</b> Sweet Potato Fries California Blend Vegetables Brownie Salad Bar Milk	
13	14	15	16	17	
<b>TAC-GO, Canned Fruit Cereal, Juice, Milk</b>	<b>Sausage &amp; Egg Biscuit, Chilled Pears Cereal, Juice, Milk</b>	<b>NutriGrain Bar, Mixed Fruit Cereal, Juice, Milk</b>	<b>WG Pancakes, Frozen/Canned Fruit Cereal, Juice, Milk</b>	<b>Breakfast Burrito, Fruit, Cereal, Juice, Milk</b>	
<b>WG Spaghetti w/Meat Sauce</b> Seasoned Corn Fresh Broccoli WW Bread Stick Salad Bar Milk	<b>Pig in a Blanket</b> Baked Beans Peas and Carrots Salad Bar Milk	<b>Baked Chicken</b> Whipped Potatoes w/Gravy Green Beans Tossed Salad WW Roll Fruit Milk	<b>Corn Dogs</b> Macaroni & Cheese Tomatoes and Cucumbers Salad Bar Milk	<b>Chef Salad &amp; WG Crackers OR School Made Pizza</b> Seasoned Corn Creamy Cole Slaw Salad Bar Milk	
20	21	22	23	24	
<b>Pancake-on-a-Stick, Canned Fruit, Cereal, Juice, Milk</b>	<b>Breakfast Pizza, Applesauce Cereal, Juice, Milk</b>	<b>Yogurt, Frozen Blueberries/Strawberries Cereal, Juice, Milk</b>	<b>WG Banana Bread, Frozen/Canned Fruit, Cereal, Juice, Milk</b>	<b>Sausage &amp; Egg on WG Biscuit, Fruit Cereal, Juice, Milk</b>	
<b>Chicken Tenders</b> Whipped Potatoes w/Gravy Savory Carrots WG Biscuit Salad Bar Milk	<b>Taco Salad w/WG Tortilla Chips</b> Lettuce, Tomato, Cheese Refried Beans/Seasoned Corn Salsa/Sour Cream/Taco Sauce Salad Bar Milk	<b>Meatloaf</b> Whipped Potatoes Green Beans Tossed Salad WW Rolls Fruit Milk	<b>Chicken Tacos</b> Lettuce, Tomato, Cheese Salsa/Sour Cream/Taco Sauce Seasoned Corn Salad Bar Milk	<b>Chef Salad &amp; WG Crackers OR Meatball Sub with Cheese</b> Baked Beans Creamy Cole Slaw Salad Bar Milk	
27	28	29	30	31	
<b>Sausage Gravy &amp; WG Biscuit, Canned Fruit, Cereal, Juice, Milk</b>	<b>Sausage &amp; Egg Biscuit, Chilled Pears Cereal, Juice, Milk</b>	<b>NutriGrain Bar, Mixed Fruit Cereal, Juice, Milk</b>	<b>WG Pancakes, Frozen/Canned Fruit Cereal, Juice, Milk</b>	<b>Breakfast Burrito, Fruit, Cereal, Juice, Milk</b>	
<b>Taco Soup</b> Baked Potato Corn Bread Broccoli Salad Fritos Corn Chips Cheese/Sour Cream Salad Bar Milk	<b>Chicken Patty on WW Bun</b> Lettuce, Tomato, Miracle Whip Sweet Potato Puffs Fresh Broccoli Salad Bar Milk	<b>Open-faced Hot Turkey Sandwiches</b> Mashed Potatoes with Gravy Peas Tossed Salad Fruit Milk	<b>Sloppy Jo on WW Bun</b> Creamy Cole Slaw Seasoned Corn Fresh Carrots Salad Bar Milk	<b>Chef Salad &amp; WG Crackers OR Cheeseburger on WW Bun</b> Oven Fries Baked Beans March Birthday Cake Salad Bar Milk	

NOTE: March 10 and 13 are Snow Day make-up days. We will attend March 24 and March 27 respectively for the next two days we are off due to weather. Please listen for further announcements on attending school these days.

This institution is an equal opportunity provider and employer  
 Menu subject to change due to availability of products and weather delays/cancellations.