




# Orchard Park CSD High School Lunch Menu

Menu is subject to change



## March 2019

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
|   |                    |   |   | 1<br>Grilled Cheese w/Tomato Soup<br>Spinach<br>Carrots<br><b>Meatball Slider</b><br>10" Taco  |
| 4<br>Farmers Breakfast Wrap<br>-----<br>Carrots<br>Peas<br><b>Chicken Patty</b><br>Meatball Slider   | 5<br>10" Taco<br>-----<br>Vegetarian Beans<br>Green Beans<br><b>Cheesy Bread</b><br>Baked Pork Chop | 6<br>Goulash w/Dinner Roll<br>-----<br>Broccoli<br>Corn<br><b>OP Mac Wrap</b><br><b>Tater Tots</b><br>Same as Main              | 7<br>Bbq Pork Chop W/Dinner Roll<br>-----<br>Sweet Potatoes<br>Romaine Salad<br><b>Nacho Grande</b><br>Caesar Chicken Wrap                      | 8<br>Meatball Medley w/Noodles<br>-----<br>Cauliflower<br>Mixed Vegetables<br><b>Meatball Sub</b><br>Same as Main<br>National Meatball Day 3/9 |
| 11<br>Roasted Chicken w/Rice<br>-----<br>Carrots<br>Sweet Potatoes<br><b>Corn Dogs</b><br><b>Tater Tots</b><br>Hamburger w/Macaroni Salad  | 12<br>10" Taco<br>-----<br>Corn & Bean Salad<br><br><b>Pizza Sub</b><br>Cheese Quesadilla           | 13<br>Spaghetti & Meatballs<br>-----<br>Romaine Salad<br>Cauliflower<br><b>Chicken Nuggets</b><br>Same as Main                  | 14<br>Hamburgers w/Macaroni Salad<br>-----<br>Green Beans<br>Spinach<br><br><b>Taco in a Bag</b><br>Pork Sandwich                               | 15<br>   |
| 18<br>The Rachel (Turkey & Mozzarella)<br>-----<br>Coleslaw<br>Mixed Vegetables<br><b>*Erin Go OP MacWrap</b><br><b>*Same as Main Line</b> | 19<br>10" Taco<br>-----<br>Black Beans<br>Salsa<br><b>Cheesy Bread</b><br>Turkey & Bacon Wrap       | 20<br>French Toast w/Sausage<br>-----<br>Hash Brown<br>Broccoli<br><b>Nacho Grande</b><br><b>*Same as Main Line</b>             | 21<br>Spaghetti & Meatballs<br>-----<br>Romaine Salad<br>Corn<br><b>Corn Dogs</b><br><b>Tater Tots</b><br>Same as Main<br>NATIONAL CORN DOG DAY | 22<br>Italian Dunkers w/Dipping Sauce<br>-----<br>Carrots<br>Baked Beans<br><b>Chicken Nuggets</b><br>10" Taco                                 |
| 25<br>Hamburgers w/Macaroni Salad<br>-----<br>Baked Beans<br>Peas<br><b>Chicken Patty</b><br>Meatball Sub                                  | 26<br>10" Taco<br>-----<br>Corn & Bean Salad<br><br><b>Pizza Sub</b><br>Hamburger w/Macaroni Salad  | 27<br>Bbq Chicken w/Rice<br>-----<br>Carrots<br>Cauliflower<br><b>Turkey/Bacon Wrap</b><br><b>Tater Tots</b><br>Breakfast Pizza | 28<br>Meatballs & Gravy over Noodles<br>-----<br>Green Beans<br>Romaine Salad<br><b>Taco in a Bag</b><br>Same as Main                           | 29<br>Potato Bar w/Flatbread<br>-----<br>Salsa<br>Broccoli<br><b>Meatball Slider</b><br>10" Taco   |

**Offered daily**  
**With all School Lunches:**  
**Fresh or Prepared Fruit**  
(Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)  
  
Non or Low Fat White, Non Fat Chocolate Milk, or Non Fat Strawberry Milk available daily.

**In addition to the Entrée of the Day, we also serve the following Items Daily:**  
  
Cheese and/or Pepperoni Pizza  
  
Yogurt Parfait / Dinner Roll  
  
Subs & Wraps Made to Order  
  
Salad w/ Roll  
  
Peanut Butter & Jelly Sandwich

**Start with a:**

- Vegetable**
- Fruit** (or take both)
- Choose whole grains**
- Pick a lean protein**
- Add serving of milk**

**Must take at least 3**