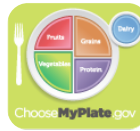




# Orchard Park CSD Middle School Lunch Menu

Menu is subject to change



## March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Hamburgers on WG Bun ----- Baked Beans(1/2 cup) Carrots (1/2 cup)
4 Spaghetti & Meatballs w/Dinner Roll ----- 1 c Romaine Salad = (1/2 cup) Green Beans (1/2 cup)	5 8" Taco ----- Bean Salad	6 Oven Roasted Chicken w/Rice ----- Carrots	7 Hot Dog on Bun ----- French Fries	8 Meatballs & Gravy w/Dinner Roll ----- Mashed Potatoes(1/2 cup) Broccoli(1/2 cup)  NATIONAL MEATBALL DAY (3/9)
11 Goulash w/Dinner Roll ----- Carrots	12 Nacho Grande w/Seasoned Rice ----- Vegetarian Beans	13 Bbq Pork Chop on WG Roll ----- Mashed Potatoes(1/2 cup) Corn (1/2 cup)	14 Grilled Cheese & Tomato Soup ----- Broccoli (1/2 cup) Green Beans (1/2 cup)	
18 Hamburger on WG Bun ----- Carrots	19 8" Taco ----- Black Beans	20 Spaghetti & Meatballs w/Dinner Roll ----- Corn	21 Chicken Nuggets w/Veggie Pasta Salad ----- Green Beans	22 Baked Chicken & Rice ----- Cheese Pizza ----- Broccoli
25 Farmers Breakfast Wrap (Sausage, Egg & Hashbrown Patty) ----- Carrots	26 Taco in a Bag w/Seasoned Rice ----- Corn	27 Spaghetti & Meatballs w/Dinner Roll ----- 1 c Romaine Salad = 1/2 cup Green Beans (1/2 Cup)	28 Oven Roasted Turkey & Gravy w/Rice ----- Broccoli	29 Hamburgers on WG Bun ----- Baked Beans

***Offered daily***  
***With all School Lunches:***  
***Fresh or Prepared Fruit***  
*(Must take 1/2 cup of Fruit or Vegetable –  
may take up to 1 cup)*  
***Vegetables are served in 3/4 cup  
portion unless otherwise noted***  
  
**Non or Low Fat White,  
Non Fat Chocolate Milk, or  
Non Fat Strawberry Milk available  
daily.**

***In addition to the Entrée and of  
the Day, we also serve the  
following items daily:***  
  
***Cheese & Pepperoni Pizza  
Subs & Wraps Made to Order  
Shaker Salad w/Flatbread  
Peanut Butter & Jelly Sandwich  
Fruit & Yogurt Parfait w/  
Flatbread***

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