

Sylacauga City Schools

006 - Nichols Lawson Middle

Feb 27, 2019

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March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Fri - 3/1/2019 Steak Nuggets Ranch Potatoes Romaine Salad Baby Carrots Cucumbers Celery Sticks Gravy Green Beans Applesauce Ranch Dressing Milk Variety Roll Sweet and Sour Sauce
Mon - 3/4/2019 Hot Pocket Assorted Fruit Glazed Carrots Romaine Salad Baby Carrots Tomatoes Fresh Broccoli Cucumbers Green Peppers Pepper Strips Milk Variety Mini Rice Krispie Treats Ranch Dressing	Tue - 3/5/2019 Pig in Blanket Chili Sauce Potato Wedges Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Diced Eggs Ranch Dressing Milk Variety Cheese Sauce	Wed - 3/6/2019 Lasagna Rolls Seasoned Corn Assorted Fruit Romaine Salad Tomatoes Green Peppers Cucumbers Celery Sticks Jalapeno Peppers Diced Eggs Baby Carrots Ranch Dressing Milk Variety Garlic Cheese Bread	Thu - 3/7/2019 BBQ Rib Baked Beans Assorted Fruit Romaine Salad Tomatoes Fresh Broccoli Baby Carrots Cucumbers Celery Sticks Diced Eggs Ranch Dressing Milk Variety Carnival Cookie	Fri - 3/8/2019 Sloppy Joe Hash Browns Assorted Fruit Romaine Salad Tomatoes Cucumbers Baby Carrots Green Peppers Celery Sticks Shredded Cheese Ranch Dressing Milk Variety
Mon - 3/11/2019 Crisпитos Pinto Beans Cheese Sauce Assorted Fruit Romaine Salad Tomatoes Baby Carrots Cucumbers Fresh Broccoli Diced Eggs Ranch Dressing Salsa Milk Variety	Tue - 3/12/2019 Hamburger Roasted Potatoes Assorted Fruit Romaine Salad Baby Carrots Tomatoes Celery Sticks Cucumbers Dill Pickles Diced Eggs Ranch Dressing Milk Variety	Wed - 3/13/2019 Chicken Noodle Soup Assorted Fruit Okra, Breaded, FZN 1/2 Romaine Lettuce Baby Carrots Tomatoes Fresh Broccoli Cucumbers Green Peppers Pepper Strips Ranch Dressing Milk Variety Animal Crackers	Thu - 3/14/2019 Corn Dog Cole Slaw Baked Beans Assorted Fruit Romaine Salad Tomatoes Celery Sticks Baby Carrots Fresh Broccoli Diced Eggs Ranch Dressing Milk Variety	Fri - 3/15/2019 Cheese Pizza PEPPERONI PIZZA Assorted Fruit Corn on Cob Romaine Salad Baby Carrots Tomatoes Jalapeno Peppers Cucumbers Green Peppers Milk Variety Vanilla Pudding Ranch Dressing
Mon - 3/18/2019 Cheese Stix Marinara Dipping Sauce Blackeye Peas Assorted Fruit Romaine Salad Celery Sticks Baby Carrots Tomatoes Pepperoncini Green Peppers Diced Eggs Ranch Dressing Milk Variety	Tue - 3/19/2019 Spicy Chicken Chicken Sandwich French Fries Baked Beans Romaine Salad Tomatoes Fresh Broccoli Celery Sticks Baby Carrots Dill Pickles Assorted Fruit Milk Variety Ranch Dressing	Wed - 3/20/2019 Chicken Alfredo English Peas Assorted Fruit Romaine Salad Tomatoes Baby Carrots Celery Sticks Black Olives Cucumbers Diced Eggs Ranch Dressing Milk Variety Italian Breadstick	Thu - 3/21/2019 French Bread Pizza Assorted Fruit Broccoli w/ Cheese Romaine Salad Fresh Broccoli Baby Carrots Tomatoes Cucumbers Green Peppers Pepper Strips Diced Eggs Milk Variety Chocolate Pudding Cup Ranch Dressing	Fri - 3/22/2019 Grilled Chicken Sandwi Baked Nacho Cheese C Assorted Fruit Romaine Salad Tomatoes Baby Carrots Fresh Broccoli Celery Sticks Dill Pickles Green Peppers Diced Eggs Ranch Dressing Milk Variety Frosted Brownie

Breakfast Prices: Reduced \$.30; Paid \$1.50; Staff \$2.00; Visitors \$2.50.

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

***** - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Lunch Prices: Reduced \$.40; Paid \$2.45; Staff \$3.15; Visitors \$4.50.

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** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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