

Sylacauga City Schools

March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
				Fri - 3/1/2019 Steak Nuggets Lima Beans Roasted Potatoes Romaine Lettuce Tomatoes Cucumbers Juice Mandarin Oranges Milk Variety Ranch Dressing Carnival Cookie Breadstick
Mon - 3/4/2019 BEEF STROGANOFF Seasoned Corn Blackeyed Peas Romaine Lettuce Shredded Cheese Tomatoes Green Peppers Baby Carrots Juice Peach Cup Milk Variety Ranch Dressing Chocolate Grahams	Tue - 3/5/2019 Grilled Chicken Breast Broccoli w/ Cheese Pinto Beans Romaine Lettuce Tomatoes Pepperoncini Cucumbers Shredded Cheese Juice Apple Oranges Milk Variety Ranch Dressing GEN. TSO SAUCE SPICY SAUCES Roll	Wed - 3/6/2019 Salisbury Steak&Gravy Mashed Potatoes Green Beans Juice Apple Romaine Lettuce Tomatoes Shredded Cheese Cucumbers Black Olives Ranch Dressing Milk Variety Roll	Thu - 3/7/2019 BBQ Pork Baked Beans Cole Slaw Juice Strawber Cup (commod Romaine Lettuce Tomatoes Baby Carrots Jalapeno Peppers Ranch Dressing Milk Variety Brownie Pudding	Fri - 3/8/2019 Wings Potato Wedges Juice Sliced Pears Romaine Lettuce Tomatoes Pepperoncini Diced Eggs Ranch Dressing Milk Variety Teddy Grahams Garlic Cheese Bread
Mon - 3/11/2019 Chili French Fries Assorted Fruit Juice Romaine Lettuce Shredded Cheese Tomatoes Pepperoncini Ranch Dressing Milk Variety Brownie Grilled Cheese Sandwic	Tue - 3/12/2019 Crisпитos Cheese Sauce Juice Assorted Fruit Pinto Beans Ranch Dressing Romaine Lettuce Diced Eggs Tomatoes Jalapeno Peppers Milk Variety Fresh Salsa	Wed - 3/13/2019 Country Steak Gravy Parsley Potatoes Blackeye Peas Romaine Lettuce Sliced Tomatoes Baby Carrots Green Peppers Diced Eggs Cucumbers Ranch Dressing Assorted Fruit Juice Animal Crackers Milk Variety Roll	Thu - 3/14/2019 Chicken Bites Broccoli w/ Cheese Pinto Beans Romaine Lettuce Tomatoes Shredded Cheese Juice Assorted Fruit Milk Variety Ranch Dressing Roll Choc. Chip Cookie Sweet and Sour Sauce Spicy Asian Chicken	Fri - 3/15/2019 Hamburger French Fries Baked Beans Romaine Lettuce Tomatoes Cucumbers Dill Pickles Baby Carrots Fresh Broccoli Ranch Dressing Juice Assorted Fruit Milk Variety

**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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March Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 3/18/2019	Tue - 3/19/2019	Wed - 3/20/2019	Thu - 3/21/2019	Fri - 3/22/2019
Tatertot Casserole Green Beans Romaine Lettuce Shredded Cheese Tomatoes Cucumbers Pepperoncini Baby Carrots Fresh Broccoli Ranch Dressing Juice Assorted Fruit Milk Variety Frosted Cinnamon Roll	MEXICAN BURRITO Spanish Rice Pinto Beans Romaine Lettuce Tomatoes Green Peppers Black Olives Shredded Cheese Ranch Dressing Juice Oranges Milk Variety Fresh Salsa Cheese Enchilada	Pepperoni Pizza Seasoned Corn Ranch Dressing Romaine Lettuce Tomatoes Baby Carrots Fresh Broccoli Pepperoncini Assorted Fruit Juice Milk Variety Carnival Cookie	Country Steak Gravy Green Beans Parsley Potatoes Romaine Lettuce Tomatoes Fresh Onions Baby Carrots Fresh Broccoli Green Peppers Ranch Dressing Juice Assorted Fruit Milk Variety Roll	Spicy Chicken Sandwic Hamburger French Fries Baked Beans Romaine Lettuce Tomatoes Green Peppers Baby Carrots Juice Assorted Fruit Fresh Broccoli Milk Variety Ranch Dressing

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

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

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