Roswell Independent School District

HIGH SCHOOL

Choice of Fat Free Chocolate (20g),
Fat Free Strawberry (20g), or 1% White Milk (13g)

FRUIT AND SALAD BAR OFFERED DAILY

MARCH 2019

MENU SUBJECT TO CHANGE DUE TO AVAILABILITY

Chef (34g), Apple Feta (82g) and Fruit Salad Available Daily for lunch at Middle & High Schools

MON		TUE		WED		THU		FRI	1
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WK 3								Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
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								Hamburger (33g), Fries (19g), Sliced Apples (~8g)	
								Breaded Chicken Patty (15g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)	
								Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)	
MON	**4**	**TUE**	**5**	**WED**	**6**	**THU**	**7**	**FRI**	**8**
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WK 1 Frudel (36g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Pancake on Stick (17g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Egg & Cheese Bun (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Muffin (40g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Burrito (@36g) or Bug Bite Crackers (21g) & Yogurt (19g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
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Pulled Pork Sandwich (27g), Cole Slaw (6g), Seasonal Fruit (~15g)		Panni Deli Sandwich (32g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6 g) Peaches (16g)		Grilled Chicken Sandwich (24g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Pineapple (17g)		Baked Potato w/Cheedar Cheese (53g), Steamed or Fresh Broccoli (6g), Bread Sticks (26g), Sliced Apples (~8)	
Steak Fingers (17g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Chili Cheese Fries (29g), Bread Sticks (25g) ,Salad w/ Tomatoes (3g), Mixed Fruit (16g)		Asado Burrito or Plate (32g), Refried Beans (24g), Peaches (16g)		Steak Burrito (32g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g)		Salisbury Steak (4g) Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (28g), Brown Gravy (3g), Sliced Apples (~8g)	
Pizza (36g) Salad w/Diced Tomatoes (3g), Seasonal Fruit (~15g)		Chicken Nuggets (13g), Mashed Potatoes (18g),Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Hamburger (24g), Lettuce/Tomato (2g) Fresh Carrots/Broccoli (6g), Peaches (~16g)		Tangerine Chicken (25g), Brown Rice (33g), Steamed or Fresh Broccoli & Carrots (6g), Pineapple (17g), Rice Crispy Treat (37g), Fortune Cookie (5g)		Mac & Cheese (55g), Green Beans (4g), Sliced Apples (~15)	
MON	**11**	**TUE**	**12**	**WED**	**13**	**THU**	**14**	**FRI**	**15**
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WK 2 Cinnamon Roll (42g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Tony's Sausage Bk Pizza (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Crescent Choc Filled (37g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		French Toast Sticks (26g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		BeneFit Bars (48g) Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
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California Steak Salad (25g), Seasonal Fruit (~15g)		Deli Sandwich (32g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6 g) Pineapple (17g)		Grilled Chicken Sandwich (24g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Pineapple (17g)		Hamburger (24g), Fries (27g), Sliced Apples (~8g)	
Chicken Fried Steak (16g), Mashed Potatoes (18g), Green Beans (2g), Whole Wheat Roll (29g), Gravy (4g), Seasonal Fruit (~15g)		Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Fries (27), Mixed Fruit(~16g)		Chicken Fajita Burrito (35g), Salad w/Diced Tomatoes (3g), Peaches (16g)		Green Chile Chicken Enchiladas (34g), Spanish Rice (20g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Pizza Personal (32g), Salad w/Diced Tomatoes (3g), Sliced Apples (8g)	
BBQ Chicken Leg (7g),Green Beans (4g),Whole Wheat Roll (29g), Seasonal Fruit (~15g)		Pork Chop (11g), Mashed Potatoes (18g),Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Frito Pie (38g), Corn (16g), Peaches (16g)		Corn Dog (33g), Fries (27g), Pineapple (17g)		Cheesy Nachos (46g), Beans (13g), Sliced Apples (8g)	
MON	**18**	**TUE**	**19**	**WED**	**20**	**THU**	**21**	**FRI**	**22**
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WK 3 Mini Waffles (38g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Corn Dogs (20g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Mini Bagels w/Cream Cheese (41g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Goody Ring (29g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)		Burrito (@36g) (HS/MS) Cereal Breaks (Elem Only) (58g), Juice 1/2 C (13-21g), Applesauce 1/2C (22g)	
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Grilled Cheese Sandwich (42g), Fresh Broccoli & Carrots (6g), Seasonal Fruit (~15g)		Ciabatta Deli Sandwich (31g), Salad w/Tomatoes (3g), Mixed Fruit (16g), Cookie (26g)		Pizza (35g), Fresh Carrots/Broccoli (6g) Pineapple (17g)		Grilled Chicken Sandwich (32g), Fresh Carrots/Broccoli (6g), Lettuce/Tomato Topping (2g), Peaches (16g)		Hamburger (33g), Fries (19g), Sliced Apples (~8g)	
Cheesy Meatloaf Sandwich (38g), Fries (14g), Seasonal Fruit (~15g))		Quesadilla (33g), Salad w/Tomatoes (2g), Mixed Fruit (16g)		Honey Siracha Chicken (24g), Brown Rice (28g), Steamed or Fresh Broccoli & Carrots (5g), Rice Krispie Treat (37g), Pineapple (17g), Fortune Cookie (5g)		CrunchyTacos (20g), Spanish Rice (27g), Salad w/Diced Tomatoes (3g) Peaches (16g)		Breaded Chicken Patty (15g) Mashed Potatoes (18g), Roll (28g), Country Gravy (3g), Sliced Apples (~8g)	
Breaded Chicken Sandwich (46g), Lettuce/Tomato (2g), Baby Carrots (6g), Seasonal Fruit (~15g)		BBQ Dippers (10g), Mashed Potatoes (18g), Whole Wheat Roll (29g), Gravy (4g), Mixed Fruit (16g)		Deli Sandwich (ELEM) (22g), Lettuce/Tomato (2g), Baby Carrots (6g), Pineapple (~17g)		Chicken Fajitas (35g), Beans (23g), Salad w/ Diced Tomatoes (3g), Peaches (16g)		Spaghetti (37g), Green Beans (4g), Sliced Apples (~15)	
MON	**25**	**TUE**	**26**	**WED**	**27**	**THU**	**28**	**FRI**	**29**
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