


## Farrell Area Schools K-12 Lunch Menu March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>1</b> <b>MEATLOAF</b> Whole Grain Dinner Roll Mashed Potatoes Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk <b>All Three Lines</b>
<p><b>Every student of Farrell Schools is entitled to breakfast and lunch at no cost!</b></p> <p>Don't forget to take at least one fruit or veggie with each meal</p> <p>Grades 9-12 may take two fruits</p>	<b>4</b> <b>MEATBALL HOAGIE</b> on Whole Grain Bun French Fries Carrot Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk <b>2nd Choice Rib E Q Sandwich</b>	<b>5</b> <b>NACHOS GRANDE</b> on Whole Grain Tortilla Chips Corn or Black Beans Celery Sticks Assorted Cupped and Fresh Fruit Choice of Low Fat Milk <b>All Three Lines</b>	<b>6</b> <b>CHEESE PIZZA</b> French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk  <b>All Three Lines</b>	<b>7</b> <b>CHICKEN NUGGETS</b> Whole Grain Dinner Roll Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk <b>All Three Lines</b>	<b>8</b> <b>ZITI PASTA with MEAT SAUCE</b> Garden Romaine Salad Whole Grain Breadstick(9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk <b>2nd Choice Chicken Sandwich</b>
<p>Weekly vegetable sub groups may include: dark green, red/orange, legumes, starchy, and other</p> <p>Daily fruit choices may include: apples, oranges, bananas, applesauce, strawberries, peach cups, and apple slices</p>	<b>11</b> <b>SLOPPY JOES</b> on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk <b>2nd Choice Rib E Q Sandwich</b>	<b>12</b> <b>HOT HAM &amp; CHEESE SANDWICH</b> on Whole Grain Bun Steamed Broccoli Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk <b>2nd Choice Cheeseburgers</b>	<b>13</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk <b>All Three Lines</b>	<b>14</b> <b>MEXICAN PIZZA</b> French Fries Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk  <b>All Three Lines</b>	<b>15</b> <b>ZITI PASTA with MEAT SAUCE</b> Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk <b>2nd Choice Chicken Sandwich</b>
<p>Milk offered daily: fat free chocolate, 1% white,</p> <p>All bread is whole grain</p> <p>Grab &amp; Go Salads offered daily as a meal</p>	<b>18</b> <b>TOASTED CHEESE SANDWICH</b> Tomato Soup Carrot Sticks Assorted Fresh Fruit Choice of Low Fat Milk  <b>ALL THREE LINES</b>	<b>19</b> <b>CHEESE QUESADILLAS</b> Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk  <b>2nd Choice: Cheeseburgers</b>	<b>20</b> <b>TURKEY and CHEESE SUB</b> on Whole Grain Bun French Fries Baby Tomatoes Assorted Fresh Fruit Choice of Low Fat Milk <b>2nd Choice: BBQ Rib Sandwich</b>	<b>21</b> <b>SPAGHETTI with MEATBALLS</b> Garden Romaine Salad Whole Grain Dinner Roll (9-12) Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk <b>2nd Choice: Chicken Sandwich</b>	<b>23</b> <b>CHEESE PIZZA</b> French Fries Fresh Cukes Assorted Fresh Fruit Choice of Low Fat Milk  <b>ALL THREE LINES</b>
<p><b>Cheez-its Grades 7-12 on</b></p> <p>3/4</p> <p>3/6</p> <p>3/11-3/14</p> <p>3/18</p> <p>3/25-3/28</p>	<b>25</b> <b>CHEESEBURGERS</b> on Whole Grain Bun French Fries Fresh Cauliflower Assorted Fresh Fruit Choice of Low Fat Milk <b>2nd Choice: Rib E Q Sandwich</b>	<b>26</b> <b>WALKING TACOS</b> with Whole Grain Tortilla Chips Black Beans / Corn Celery Sticks Assorted Fresh Fruit Choice of Low Fat Milk <b>All Three Lines</b>	<b>27</b> <b>CHICKEN SANDWICH</b> on Whole Grain Bun Baked Beans Fresh Broccoli Assorted Fresh Fruit Choice of Low Fat Milk <b>All Three Lines</b>	<b>28</b> <b>MEATLOAF</b> Whole Grain Dinner Roll Mashed Potatoes Fresh Carrots Assorted Fresh Fruit Choice of Low Fat Milk <b>All Three Lines</b>	<b>29</b> <b>SEASHELLS with MEAT SAUCE</b> Garden Romaine Salad Whole Grain Dinner Roll (9-12) Baby Toatoes Assorted Fresh Fruit Choice of Low Fat Milk <b>2nd Choice: Chicken Sandwich</b>

The National School Lunch Program states that no student will be discriminated against on the basis of race, color, national origin, sex, age, or disability