

MARCH 2017

ACS Middle School Lunch Grade 6-8 \$2.25



MONDAY

DID YOU KNOW...

March was the first month of the year until the Gregorian calendar began to be used in 1752.

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Corn Dog

1

Boston Baked Beans
Tater Tots
Peach Cup
Fresh Fruit Bowl

Oven Baked Pork Chop
w/ Warm Dinner Roll

2

Mashed Potato & Gravy
Sweet Baby Peas
Cinnamon Apples
Fresh Fruit Bowl

Golden Grilled Cheese

3

Tomato Soup
w/ Oyster Crackers
Macaroni Salad
100% Fruit Juice
Fresh Fruit Bowl

Buffalo Style
Chicken Finger Sub

6

Shredded Lettuce
& Sliced Tomato
Rosy Pears
Sauteed Spinach
Fresh Fruit Bowl

Personal Pan
Pepperoni Pizza

7

Seasoned Green Beans
100% Fruit Juice
Fresh Fruit Bowl

Breakfast at Lunch

8

French Toast Sticks
w/ Warm Syrup & Sausage

Hash Browns
Orange Smiles
Fresh Fruit Bowl

Baked Spirals in Homemade
Sauce w/ Meatballs

9

Tossed Green Salad
w/ ChiChi Beans & Dressing
100% Fruit Juice
Fresh Fruit Bowl

Crunchy Cheese Sticks
w/ Marinara Sauce

10

Fresh Veggies
w/ Hummus Dip
Strawberry Cup
Fresh Fruit Bowl

Big Daddy
Pepperoni Pizza

13

Steamed Broccoli Cuts
Pineapple Tidbits
Fresh Fruit Bowl

Crispy Chicken Patty
on Wheat Bun

14

Shredded Lettuce
& Sliced Tomato
Baked Spiral Fries
100% Fruit Juice
Fresh Fruit Bowl

Warm Ham & Cheese
on Pretzel Bun
w/ Sunchips

15

Homemade Chili w/ Beans
Cinnamon Apples
Fresh Fruit Bowl

Chicken 'n Gravy
w/ Mashed Potato & Gravy
& Cinnamon Roll

16

Glazed Carrot Coins
100% Fruit Juice
Fresh Fruit Bowl

Happy St. Patrick's Day

Irish Potato Bar
w/ Chili or Cheese Sauce

17

Fresh Veggie Toppers
Fruited Jello w/ Topping
Fresh Fruit Bowl

Chicken Nuggets
w/ Dippin' Sauce
& Macaroni & Cheese

20

Steamed Broccoli Cuts
Fruit Juice Treat
Fresh Fruit Bowl

Taco Tuesday
w/ Meat & Cheese

21

Shredded Lettuce
& Diced Tomato
Refried Beans
Spanish Rice
100% Fruit Juice
Fresh Fruit Bowl

Pic-a-Pizza
1. Stuffed Crust
2. Mexican
3. Buffalo Chicken

22

Golden Corn Kernels
Strawberry Cup
Fresh Fruit Bowl

Stuffed Shells
in Homemade Sauce
w/ Italian Bread

23

Tossed Green Salad
w/ ChiChi Beans & Dressing
100% Fruit Juice
Fresh Fruit Bowl

Shrimp Poppers
& Fries Boat

24

Creamy Coleslaw
Mandarin Oranges
Fresh Fruit Bowl

Popcorn Chicken
w/ Dippin' Sauce
& Cinnamon Roll

27

Golden Corn Kernels
Diced Peaches
Fresh Fruit Bowl

Create Your Own
Hot Dog on Bun

28

Boston Baked Beans
100% Fruit Juice
Fresh Fruit Bowl

Pizza Boat
Pepperoni Sub

29

Tossed Green Salad
w/ ChiChi Beans & Dressing
Warm Apple Slices
Fresh Fruit Bowl

Turkey ala King
over Steamed Rice

30

Seasoned Green Beans
100% Fruit Juice
Fresh Fruit Bowl

Jumbo Pretzel
w/ Cheese Sauce

31

Steamed Broccoli Cuts
Fruit Assortment
Fresh Fruit Bowl

A La Carte

Offered Daily: Cheese Pizza,
Peanut Butter & Jelly, Salad Plate,
Yogurt Plate, Fresh Fruit in Season.

*Milk is available with all
full lunch purchases.

Milk\$.60
Cookies.....\$.50
Lg. Cookies.....\$1.00
Ice Cream.....\$.75
Chips.....\$.75

*Unless otherwise noted, all
sandwiches are served on whole
wheat bread (when available).

The 2010 Dietary
Guidelines For
Americans recommend
that at least half of
your grains are whole.
For most people, that
translates into at least
48 grams daily.



USDA is an equal
opportunity employer.

After School Snacks
are available every
Monday thru Thursday
in the High School
Cafeteria
2:30pm-3:30pm

Middle Schoolers are
welcome!!

