

MARCH LUNCH MENUS

GALAX HIGH/MIDDLE SCHOOL

SALAD BAR OFFERED DAILY

CHOOSE 1: UNFLAVORED/FLAVORED
LOWFAT/NONFAT MILK
OFFERED DAILY W/ EACH OPTION

WEDNESDAY, MARCH 1

CHOOSE 1: RIB OR TURKEY & CHEESE ON BUN
CHOOSE 1 OR 2: TATER TOTS, CORN ON COB,
LETTUCE, TOMATO
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

THURSDAY, MARCH 2

CHOOSE 1: CHICKEN FRIES OR FISH STICKS W/
ROLL
CHOOSE 1 OR 2: CREAMED POTATOES, BRUSSEL
SPROUTS
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

FRIDAY, MARCH 3

CHOOSE 1: LASAGNA W/BREADSTICK OR
PEPPERONI PIZZA
CHOOSE 1: GREEN BEANS, SPINACH, DICED
TOMATOES
CHOOSE 1: CANNED FRUIT, FRESH FRUIT

MONDAY, MARCH 6

CHOOSE 1: SPICY CHICKEN OR HAM & CHEESE
ON BUN
CHOOSE 1 OR 2: FRENCH FRIES, CARROTTINES,
LETTUCE, TOMATOES
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

TUESDAY, MARCH 7

CHOOSE 1: MINI CORN DOG OR PEPPERONI
PIZZA
CHOOSE 1 OR 2: GREEN BEANS, SWEET
POTATOES, GREEN SALAD, DICED TOMATOES
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

WEDNESDAY, MARCH 8

CHOOSE 1: CHILI CHEESE FRIES OR BAKED
POTATO BAR W/ROLL
CHOOSE 1 OR 2: BROCCOLI, GREEN SALAD,
DICED TOMATOES, SOUR CREAM

CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

THURSDAY, MARCH 9

CHOOSE 1: CHICKEN FAJITA OR ENCHILADA
CHOOSE 1 OR 2: CORN, FAJITA VEGGIES,
REFRIED BEANS, LETTUCE, TOMATO, SALSA,
SOUR CREAM
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

FRIDAY, MARCH 10

CHOOSE 1: HAMBURGER W/CHEESE OR FISH
ON BUN
CHOOSE 1 OR 2: FRENCH FRIES, BAKED BEANS,
LETTUCE, TOMATO, ONION, PICKLE CHIPS
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

MONDAY, MARCH 13

CHOOSE 1: CHICKEN OR FISH NUGGETS W/ROLL
CHOOSE 1 OR 2: TATER TOTS, CARROTS, CELERY
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

TUESDAY, MARCH 14

CHOOSE 1: TACO SALAD OR HAM & CHEESE
WRAP
CHOOSE 1 OR 2: LETTUCE, BLACK BEANS, DICED
TOMATOES, SALSA, SOUR CREAM
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

WEDNESDAY, MARCH 15

CHOOSE 1: CHEESESTICKS OR PEPPERONI PIZZA
CHOOSE 1 OR 2: CORN, SPINACH, DICED
TOMATOES, RED PEPPER STRIPS
CHOOSE 1: CANNED FRUIT, FRESH FRUIT

THURSDAY, MARCH 16

CHOOSE 1: SALISBURY STEAK OR MEATLOAF W/
ROLL
CHOOSE 1 OR 2: CREAMED POTATOES, BROWN
GRAVY, GREEN BEANS, SUMMER SQUASH
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

FRIDAY, MARCH 17

CHOOSE 1: CORN DOG OR SPICY CHICKEN BITES
W/ ROLL
CHOOSE 1 OR 2: SWEET POTATO FRIES,
CALIFORNIA BLEND VEGGIES, CUCUMBER
SLICES
CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

SCHOOL WILL BE CLOSED ON MARCH 20TH
THUR FRIDAY MARCH 24TH FOR SPRING BREAK

MONDAY, MARCH 27

CHOOSE 1: CHICKEN QUESADILLA OR BEAN BURRITO

CHOOSE 1 OR 2: CORN, REFRIED BEANS, LETTUCE, TOMATO, SALSA, SOUR CREAM

CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

TUESDAY, MARCH 28

CHOOSE 1: CHICKEN TENDER W/ROLL OR CHEESY PULL-A-PART

CHOOSE 1 OR 2: TATER TOTS, CARROTS, PINTOS

CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

WEDNESDAY, MARCH 29

CHOOSE 1: TORTILLINI W/BREADSTICK OR CALZONE

CHOOSE 1 OR 2: GREEN BEANS, SPINACH, DICED TOMATOES, RED PEPPER STRIPS

CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

THURSDAY, MARCH 30

CHOOSE 1: HOT DOG ON BUN OR TURKEY & CHEESE ON BUN

CHOOSE 1 OR 2: FRENCH FRIES, BAKED BEANS, SLAW, CHILI

CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

FRIDAY, MARCH 31

CHOOSE 1: POPCORN CHICKEN OR FISH STICKS W/ROLL

CHOOSE 1 OR 2: CREAMED POTATOES, CARROTS, BRUSSEL SPROUTS

CHOOSE 1 OR 2: CANNED FRUIT, FRESH FRUIT

3RD MEAL FOR JANUARY

One of the following meal kits served daily;
(GHS students also receive daily an Adam & Eve Vegetable Juice)

CHICKEN TENDER BITES, HONEY ROASTED SUNFLOWER KERNELS, MJM TIKE WHEAT CRACKERS, CRAISINS, MANGO OR DRAGON 100% V-8 JUICE

BEEF STICKS, SWISS CHEESE PLANK, CRAISINS, HONEY GRAHAMS, V-BLEND JUICE

PEPPERONI STICK, MOZZARELLA CHEDDAR PLANK, PIZZA CRACKERS, CRAISINS, MANGO OR DRAGON 100% V-8 JUICE

HONEY ROASTED SUNFLOWER KERNELS, CHEDDAR CHEESE CUP, TORTILLA STRIPS, SALSA, CRAISINS, SUNSET V-8 JUICE

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

THIS MENU IS SUBJECT TO CHANGE DUE TO THE AVAILABILITY OF PRODUCTS.

MARCH BREAKFAST MENUS
GALAX HIGH/MIDDLE SCHOOLS

OFFERED DAILY:
CHOOSE 1 OR 2: FRUIT CUP, FRESH FRUIT, OR 100% JUICE
(ONLY ONE JUICE)
YOGURT OFFERED WITH EACH BREAKFAST
ENTREECHOOSE 1: UNFLAVORED OR FLAVORED LOWFAT
OR NONFAT MILK

**GRAB AND GO BREAKFAST ALSO OFFERED
DAILY IN THE HALLWAY**

WEDNESDAY, MARCH 1

CHOOSE 1: TRIPLE BERRY FRENCH TOAST
BB MUFFIN
CEREAL

THURSDAY, MARCH 2

CHOOSE 1: SNACK N' WAFFLE
HONEY BUN
CEREAL

FRIDAY, MARCH 3

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL
CEREAL

**SCHOOL BREAKFAST WEEK
"TAKE OFF WITH SCHOOL BREAKFAST"**

MONDAY, MARCH 6

CHOOSE 1: BLUEBERRY WAFFLES
GOODY RING
CEREAL

TUESDAY, MARCH 7

CHOOSE 1: CHICKEN BISCUIT
CHOCOLATE CHIP MUFFIN
CEREAL

WEDNESDAY, MARCH 8

CHOOSE 1: FRENCH TOAST
STRAWBERRY CREAM CHEESE BAGEL
CEREAL

THURSDAY, MARCH 9

CHOOSE 1: SAUSAGE NUGGETS
BLUEBERRY MUFFIN
CEREAL

FRIDAY, MARCH 10

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL
CEREAL

MONDAY, MARCH 13

CHOOSE 1: CINNAMON RUSH FRENCH TOAST
BANANA MUFFIN
CEREAL

TUESDAY, MARCH 14

CHOOSE 1: SAUSAGE BISCUIT
CHOCOLATE DONUT
CEREAL

WEDNESDAY, MARCH 15

CHOOSE 1: CINNAMON ROLL
BLUEBERRY MUFFIN
CEREAL

THURSDAY, MARCH 16

CHOOSE 1: MAPLE WAFFLES
HONEY BUN
CEREAL

FRIDAY, MARCH 17

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL
CEREAL

**SCHOOL CLOSED MONDAY MARCH 20TH
THUR FRIDAY MARCH 24TH FOR SPRING BREAK**

MONDAY, MARCH 27

CHOOSE1: GOODY RING
MAPLE PANCAKES
CEREAL

TUESDAY, MARCH 28

CHOOSE 1: BISCUIT & GRAVY
YOGURT PARFIT
CEREAL

WEDNESDAY, MARCH 29

CHOOSE 1: TRIPLE BERRY FRENCH TOAST
CHOCOLATE CHIP MUFFIN
CEREAL

THURSDAY, MARCH 30

CHOOSE 1: SNACK N' WAFFLE
HONEY BUN
CEREAL

FRIDAY, MARCH 31

CHOOSE 1: BREAKFAST PIZZA
APPLE FRUDEL
CEREAL

This Institution is an equal opportunity provider and Employer.

