

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**

MONDAY, MARCH 3  
CHOOSE 1: BLUEBERRY WAFFLES  
W/ SAUSAGE LINKS  
GOODY RING  
CEREAL

TUESDAY, MARCH 4  
CHOOSE 1: SAUSAGE NUGGET  
CHOCOLATE CHIP MUFFIN  
CEREAL

WEDNESDAY, MARCH 5  
CHOOSE 1: BISCUIT & GRAVY  
BLUEBERRY MUFFIN  
CEREAL

THURSDAY, MARCH 6  
CHOOSE 1: FRENCH TOAST  
STRAWBERRY BAGEL  
CEREAL

FRIDAY, MARCH 7  
CHOOSE 1: BREAKFAST PIZZA  
APPLE FRUDEL  
CEREAL

**SCHOOL CLOSED MONDAY MARCH 10<sup>th</sup>  
THUR FRIDAY MARCH 14<sup>TH</sup> FOR SPRING  
BREAK**

MONDAY, MARCH 17  
CHOOSE 1: CIC FRENCH TOAST  
PANCAKE ON STICK  
CEREAL

TUESDAY, MARCH 18  
CHOOSE 1: STRAWBERRY PANCAKE W/  
SAUSAGE LINK  
CHOCOLATE CHIP MUFFIN  
CEREAL

WEDNESDAY, MARCH 19  
CHOOSE 1: SAUSAGE BISCUIT  
GOODY RING  
CEREAL

THURSDAY, MARCH 20  
CHOOSE 1: MAPLE WAFFLES  
CHOCOLATE DONUT  
CEREAL

FRIDAY, MARCH 21  
CHOOSE 1: BREAKFAST PIZZA  
CINNAMON ROLL  
CEREAL

MONDAY, MARCH 24  
CHOOSE1: CARAMEL MINI CINN'S  
SNACK BUN  
CEREAL

TUESDAY, MARCH 25  
CHOOSE 1: FRENCH TOAST  
CTC SOFT BAR  
CEREAL

WEDNESDAY, MARCH 26  
CHOOSE 1: BISCUIT & GRAVY  
CHOCOLATE CHIP MUFFIN  
CEREAL

THURSDAY, MARCH 27  
CHOOSE 1: SNACK N' WAFFLE  
POWDERED DONUT  
CEREAL

FRIDAY, MARCH 28

CHOOSE 1: BREAKFAST PIZZA

CINNAMON ROLL

CEREAL

MONDAY, MARCH 31

CHOOSE 1: BLURBERRY WAFFLES

W/SAUSAGE LINKS

GOODY RING

CEREAL

This Institution is an equal opportunity provider and Employer.

Menu subject to change.

**MARCH LUNCH MENUS**

**GALAX HIGH/MIDDLE SCHOOL**

**SALAD BAR OFFERED DAILY**

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

**MONDAY, MARCH 3**

CHOOSE 1: SALISBURY STEAK OR MEATLOAF  
W/ROLL

CHOOSE 1 OR 2: CREAMED POTATOES,  
GREEN BEANS, CORN

CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

**TUESDAY, MARCH 4**

CHOOSE 1: VEGTABLE SOUP OR TOMATO  
SOUP

CHOOSE 1 OR 2: GRILLED CHEESE ON W/G  
BREAD, LETTUCE, TOMATOES, CARROTS

CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

**WEDNESDAY, MARCH 5**

CHOOSE 1: BOSCO STICK OR PIZZABOLI

CHOOSE 1 OR 2: SWEET POTATO FRIES, CALI  
BLEND VEGGIES, CUCUMBER SLICES

CHOOSE 1 OR 2: PINEAPPLE TIDBITS,  
FRESH FRUIT

**THURSDAY, MARCH 6**

CHOOSE 1: CHICKEN FRIES OR FISH STICKS  
W/ROLL

CHOOSE 1 OR 2: BABY BAKERS, CARROTS,  
PEAS

CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

**FRIDAY, MARCH 7**

**(EARLY DISMISSAL)**

CHOOSE 1: PEPPERONI OR CHEESE PIZZA

CHOOSE 1 OR 2: GREEN BEANS, SPINACH,  
RED PEPPERS

CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

**SCHOOL WILL BE CLOSED ON MARCH 10<sup>TH</sup>**

**THUR FRIDAY MARCH 14<sup>TH</sup> FOR SPRING  
BREAK**

**MONDAY, MARCH 17**

CHOOSE 1: MEATLOAF OR PULLED PORK W/  
CORNBREAD

CHOOSE 1 OR 2: SIDEWINDERS, PINTOS,  
SLAW

CHOOSE 1 OR 2: MIXED FRUIT, FRESH FRUIT

**TUESDAY, MARCH 18**

CHOOSE 1: LASAGNA W/BREADSTICK OR  
CALZONE

CHOOSE 1: GREEN BEANS, SPINACH, DICED  
TOMATOES

CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

**WEDNESDAY, MARCH 19**

CHOOSE 1: HAMBURGER W/CHEESE OR FISH  
ON BUN

CHOOSE 1 OR 2: FRENCH FRIES, LETTUCE,  
TOMATO, ONION, PICKLE CHIPS

CHOOSE 1 OR 2: MIXED FRUIT, FRESH FRUIT

**THURSDAY, MARCH 20**

CHOOSE 1: GENERAL TSO'S OR MANDRAIN  
ORANGE CHICKEN

CHOOSE 1 OR 2: FRIED RICE, BROCCOLI,  
CARROTS

CHOOSE 1 OR 2: PINEAPPLE TIDBITS, FRESH  
FRUIT

**FRIDAY, MARCH 21**

CHOOSE 1: CHEESE STICK OR PEPPERONI  
PIZZA

CHOOSE 1 OR 2: CORN, GREEN SALAD,  
SLICED CUCUMBER

CHOOSE 1 OR 2: TROPICAL FRUIT, FRESH  
FRUIT

**MONDAY, MARCH 24**

CHOOSE 1: CHICKEN QUESADILLA OR BEAN  
BURRITO

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

CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

TUESDAY, MARCH 25

CHOOSE 1: RAVIOLO W/BREADSTICK OR CALZONE

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

CHOOSE 1 OR 2: MIXED FRUIT, FRESH FRUIT

WEDNESDAY, MARCH 26

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

CHOOSE 1 OR 2: TATER TOTS, CARROTS, PINTOS

CHOOSE 1 OR 2: PEARS, FRESH FRUIT

THURSDAY, MARCH 27

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

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

CHOOSE 1 OR 2: TROPICAL FRUIT, FRESH FRUIT

FRIDAY, MARCH 28

CHOOSE 1: POPCORN CHICKEN OR FISH STICKS W/ROLL

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

CHOOSE 1 OR 2: APPLESAUCE, FRESH FRUIT

MONDAY, MARCH 31

CHOOSE 1: SPICY CHICKEN OR HAM & CHEESE ON BUN

CHOOSE 1 OR 2: SWEET POTATO FRIES, BROCCOLI, CARROTTINES

CHOOSE 1 OR 2: PEACHES, FRESH FRUIT

**3<sup>RD</sup> MEAL FOR JANUARY**

<https://www.fns.usda.gov/usda-fis/usda-foods-product-information-sheets>

One of the following meals served daily; (GHS students also receive daily an V-Blend)

CHEETOS, DORITOS, OR RICE KRISPIES TREAT W/ CARROTS, APPLES, BEEF STICK AND CHEESE STICK

**USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.**

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

