







March 2012- Menu for Meigs County Schools

Menu subject to vary -"Eat a balance diet each meal & exercise"

Mon	Tue	Wed	Thu	Fri
Breakfast: Choice of Biscuit, Sausage, Or Yogurt w/graham crackers, Cereal, Toast, Juice, Milk	Breakfast: Choice of Pop Tart or Yogurt w/graham crackers; Or Cereal, Toast, Juice, Milk	Breakfast: Choice of Pancake Sausage on Stick, Or Yogurt w/ graham crackers, Cereal, Toast, Juice, Milk	Breakfast: Choice of Eggs, Bacon, Toast, Or Yogurt w/graham crackers, Cereal, Juice, Milk	Breakfast: Choice of Breakfast Pizza, Or Yogurt w/graham crackers, Cereal, Toast, Juice, Milk
			1 Chicken Patty or Pork Rib Sandwich Steamed Broccoli Whole Potatoes Fruit Texas Toast/WG Bun Choice of Milk	2 Hamburger or Egg Roll, Trimmings Baked Tater Tots WG Bun Fruit Choice of Milk
5 Pizza or Toasted Cheese Sandwich Corn Tossed Salad Fruit WG Bread Choice of Milk	6 <b style="color: blue;">No School Election Day	7 Chicken Tenders or Ham Creamed Potatoes Green Beans or Peas Fruit WG Roll Choice of Milk	8 Tacos or Deli Sandwich Refried Beans Corn/Rice Salsa, Trimmings Fruit Tortilla Shell WG Bread Choice of Milk	9 Hamburger or Hot Ham and Cheese Sandwich Trimmings Baked Tater Tots Fruit WG Bun Choice of Milk
12 <b style="color: purple;">Spring Break March 12-16	13 	14 	15 	16 
19 Pizza or Toasted Cheese Sandwich Corn Tossed Salad Fruit WG Bread Choice of Milk	20 Chili w/Cheese/Fritos Or Grilled Chicken Sandwich Carrot Sticks w/ Dip Baked Hash Browns Fruit WG Bun Choice of Milk	21 Salisbury Steak Or Chicken Casserole Creamed Potatoes Green Beans or Peas Fruit Sweet Potato Pie WG Roll Choice of Milk	22 Spaghetti w/Meat Sauce or Dippers Tossed Salad Baked Veg. Sticks Fruit Texas Toast Choice of Milk	23 Hamburger or Hot Ham & Cheese Sandwich Trimmings Baked Tater Tots Fruit WG Bun Choice of Milk

- Middle School & High School choice of above reimbursable meal or Chef Salad reimbursable meal or Sandwich Line reimbursable meal

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