

# Lunch Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>As you know, this is a great month and I want you to eat healthy, study hard and exercise often. I believe in you and that all of you are "educable, successful and strong" Chancellor Winans</i></p>					1	2
3	4	5	6	7	8	9
	B: french toast, pork sausage, orange juice, milk L: philly steak, french fries, granny smith apples, grape & apple juice, milk	B: pop tarts, orange juice, milk L: salisbury steak, rice, mixed veggies, oranges, apple and grape juice, milk	B: bacon, grits, eggs, biscuit, orange juice, milk L: turkey sandwiches, sun chips, pears, celery sticks, apple and grape juice, milk,	B: cereal, milk, orange juice, milk L: tilapia, cole slaw, wheat bread, red apples, grape and apple juice, milk	B: turkey sausage, hash browns, orange juice, milk L: pizza, romaine salad, oranges, apple and grape juice, milk	
10	11	12	13	14	15	16
	B: nutri-grain bars, orange juice, milk L: grilled chicken, pita bread, oranges grape and apple juice, milk	B: polish sausage, hash browns, eggs orange juice, milk L: meat balls, rice, mixed vegetables, red apples, grape and apple juice, milk	B: bagels, orange juice, milk L: hot dogs, Hawaiian baked beans, pears, grape and apple juice, milk	B: bacon, grits, eggs, orange juice, milk L: chicken stir fry, egg roll, yellow apples, grape and apple juice, milk	B: Danish, milk, orange juice L: turkey nachos, oranges, apple and grape juice, milk	
17	18	19	20	21	22	23
	B: pork sausage, bagel, orange juice milk L: chicken fajitas, red apples, grape and apple juice, milk	B: oatmeal, orange juice, milk L: turkey sandwich, carrot sticks, potato chips, yellow apples, grape and apple juice, milk	B: chicken sausage, grits, eggs, orange juice, milk L: polish sausage, baked beans, orange grape and apple juice, milk	B: cereal, milk, orange juice L: turkey spaghetti, salad, granny smith apples, grape and apple juice, milk	B: bacon, eggs, biscuits, hash browns, orange juice, milk L: pizza, romaine salad, pears, apple and grape juice, milk	
24	25	26	27	28	29	30
	B: yogurt, orange juice, milk, L: hot dogs, baked beans, yellow apples, grape and apple juice, milk	B: pancakes, turkey sausage, orange juice, milk L: turkey nachos, red apples, grape and apple juice, milk	B: pop tarts, milk, orange juice, milk L: cheeseburger, pasta salad, pears, apple and grape juice, milk	B: beef sausage, eggs, grits, biscuits, Orange juice, milk L: Salisbury steak, rice, mixed veggies, Oranges, apple and grape juice, milk	29 <i>Good Friday</i>	