

# March 2014

## High School Lunch Menu

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**



<p><b>3</b></p> <p><b>Lunch Entrées-Choose One</b> Green Dragon Chicken w/Rice Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p><b>Sides-Choose One or More</b> Green Beans, Baked Sweet Potatoes Vegetable Chow Mein Pineapple Tidbits, Sliced Oranges</p>	<p><b>4</b></p> <p><b>Lunch Entrées-Choose One</b> Chicken Tenders Basket w/Fries &amp; Roll Vegetable Beef Soup w/Toasted Cheese Nardone's Pepperoni/Cheese Pizza Slice</p> <p><b>Sides-Choose One or More</b> Crinkle Cut French Fries Roasted Kale w/Cherry Tomatoes &amp; Garlic Fruit Cocktail, Fresh Apple</p>	<p><b>5</b></p> <p><b>COLLABORATIVE DAY</b> <b>Lunch Entrées-Choose One</b> Clux Deluxe Original/Spicy Chicken Sandwich **State Fair Corndog Cold Cut Deli Sandwich</p> <p><b>Sides-Choose One or More</b> Fresh Baby Carrots, Fresh Celery Sticks Rosati Ice 100% Fruit Juice, Fresh Fruit</p>	<p><b>6</b></p> <p><b>Lunch Entrées-Choose One</b> Chicken Bites Basket w/Tater Tots &amp; Roll Create-Your Own Burger Bar Nardone's Pepperoni/Cheese Pizza Slice</p> <p><b>Sides-Choose One or More</b> Tater Tots, Southwestern Baked Beans Carolina Colelaw Peach Cup, Fresh Pear</p>	<p><b>7</b></p> <p><b>Lunch Entrées-Choose One</b> Stuffed Bell Peppers w/Roll Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p><b>Sides-Choose One or More</b> Corn, Garden Salad Turnip Greens w/SC Grown Turnips Mandarin Oranges, Fresh Banana</p>
<p><b>10</b></p> <p><b>Lunch Entrées-Choose One</b> Cheesy Nachos w/Chicken or Beef Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p><b>Sides-Choose One or More</b> Picante' Pintos, Green Beans Sliced Peaches, Fresh Apple</p>	<p><b>11</b></p> <p><b>Lunch Entrées-Choose One</b> Chicken Tenders Basket w/Fries &amp; Roll **Cuban Pork Sandwich Nardone's Pepperoni/Cheese Pizza Slice</p> <p><b>Sides-Choose One or More</b> Crinkle Cut French Fries Lemon Pepper Roasted Broccoli Fruit Cocktail, Strawberry Cup</p>	<p><b>12</b></p> <p><b>Lunch Entrées-Choose One</b> Rotini Pasta w/Meat Sauce &amp; Cinnamon Roll Clux Deluxe Original/Spicy Chicken Sandwich Buffalo Chicken/Cheeseburger Pizza</p> <p><b>Sides-Choose One or More</b> Caesar Salad, Parsley Potatoes Craisins, Sliced Oranges</p>	<p><b>13</b></p> <p><b>Lunch Entrées-Choose One</b> Chicken Bites Basket w/Tater Tots &amp; Roll Breakfast For Lunch Nardone's Pepperoni/Cheese Pizza Slice</p> <p><b>Sides-Choose One or More</b> Tater Tots, Spinach Salad Pear Halves, Fresh Banana</p>	<p><b>14</b></p> <p><b>Lunch Entrées-Choose One</b> Cilantro Lime Chicken Wraps Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p><b>Sides-Choose One or More</b> Corn, Seasoned Fresh Baby Carrots Applesauce, Fresh Kiwi</p>
<p><b>17</b></p> <p><b>Lunch Entrées-Choose One</b> Chicken Pot Pie w/Roll Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p><b>Sides-Choose One or More</b> Green Beans, Black Bean &amp; Corn Salad Pineapple Tidbits, Sliced Oranges</p>	<p><b>18</b></p> <p><b>Lunch Entrées-Choose One</b> Chicken Tenders Basket w/Fries &amp; Roll Chicken Egg Rolls w/Chow Mein Noodles Nardone's Pepperoni/Cheese Pizza Slice</p> <p><b>Sides-Choose One or More</b> Crinkle Cut French Fries, Veggie Cup w/Dip Fruit Cocktail, Fresh Apple</p>	<p><b>19</b></p> <p><b>Lunch Entrées-Choose One</b> BBQ/Bufalo Chicken w/Mac &amp; Cheese Clux Deluxe Original/Spicy Chicken Sandwich Buffalo Chicken/Cheeseburger Pizza</p> <p><b>Sides-Choose One or More</b> Caesar Salad, Roasted Cauliflower Applesauce, Sliced Oranges</p>	<p><b>20</b></p> <p><b>Lunch Entrées-Choose One</b> Chicken Bites Basket w/Tater Tots &amp; Roll **Spicy BBQ Pork Nachos Nardone's Pepperoni/Cheese Pizza Slice</p> <p><b>Sides-Choose One or More</b> Tater Tots, Marinated Cucumbers Black-eyed Peas Sliced Peaches, Grape Juice</p>	<p><b>21</b></p> <p><b>Lunch Entrées-Choose One</b> Twisted Chicken w/Breadstick Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p><b>Sides-Choose One or More</b> Honey Glazed Carrots &amp; Sugar Snap Peas Fresh Steamed Squash Fresh Pear, Craisins</p>
<p><b>24</b></p> <p><b>Lunch Entrées-Choose One</b> Green Dragon Chicken w/Rice Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p><b>Sides-Choose One or More</b> Green Beans, Baked Sweet Potatoes, Vegetable Chow Mein Sliced Peaches, Fresh Apple</p>	<p><b>25</b></p> <p><b>Lunch Entrées-Choose One</b> Chicken Tenders Basket w/Fries &amp; Roll Create-Your- Own Burger Bar Nardone's Pepperoni/Cheese Pizza Slice</p> <p><b>Sides-Choose One or More</b> Crinkle Cut French Fries Roasted Kale w/Cherry Tomatoes &amp; Garlic Fruit Cocktail, Fresh Apple</p>	<p><b>26</b></p> <p><b>Lunch Entrées-Choose One</b> Classic Lasagna w/Cinnamon Roll Clux Deluxe Original/Spicy Chicken Sandwich Buffalo Chicken/Cheeseburger Pizza</p> <p><b>Sides-Choose One or More</b> Caesar Salad, Parsley Potatoes Sweet Roasted Beets Diced Pears, Craisins</p>	<p><b>27</b></p> <p><b>Lunch Entrées-Choose One</b> Chicken Bites Basket w/Tater Tots &amp; Roll **Sweet Mesquite BBQ Sliders Nardone's Pepperoni/Cheese Pizza Slice</p> <p><b>Sides-Choose One or More</b> Tater Tots, Picante' Pintos Turnip Greens w/SC Grown Turnips Strawberry Cup, Fresh Banana</p>	<p><b>28</b></p> <p><b>Lunch Entrées-Choose One</b> Fish Poppers w/Hushpuppies Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p><b>Sides-Choose One or More</b> Corn, Seasoned Fresh Baby Carrots Applesauce, Fresh Kiwi</p>
<p><b>31</b></p> <p><b>Lunch Entrées-Choose One</b> BBQ/Bufalo Chicken w/Mac &amp; Cheese Seasoned Chicken Filet Sandwich Gilardi Stuffed Crust Pepperoni Pizza</p> <p><b>Sides-Choose One or More</b> Green Beans, Marinated Cucumbers Pineapple Tidbits, Sliced Oranges</p> <p>Non-Discrimination Statement: The U.S. Department of Agriculture (USDA) prohibits Discrimination against its customers, employees, and applicants for employment on the basis of race, color, national origin, age, disability, sex, gender-identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint form, found online at <a href="http://www.ascr.usda.gov/complaint_filing_cust.html">http://www.ascr.usda.gov/complaint_filing_cust.html</a>, or at any USDA office, or call (866)632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202)690-7442 or email at <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a>. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6136 (in Spanish).</p>				

**MEALTIME MESSAGE**

Lunch \$2.75

Assorted Milk Choices Available Daily for Breakfast and Lunch:  
1% White, Skim White,  
Fat Free Chocolate,  
Strawberry, and Vanilla  
**Offered Daily:**  
Variety of Salads  
Deli Sandwiches/Wraps  
Yogurt Parfaits  
Cottage Cheese w/Fruit

**This Month's SC Grown Fresh Produce....**



**Parsley**



**Turnips**

**Fun Facts:**

Turnips grow best in cool climates. Spring varieties do not keep, but winter varieties will keep for up to 2 months in a cool place. Their excellent keeping properties made them a wintertime staple. They are low in calories and a good source of vitamins A and C, potassium and calcium. There are two types of parsley – Curly and Flat Leaf (also known as Italian Parsley). Parsley is a natural breath freshener and is a rich source of Vitamin K.

**\*\* Contains Pork**

All Bread that is served in Lexington School District #1 is Whole Grain.  
*Menu Items subject to change based upon availability*



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