






McFarland Unified School District HIGH SCHOOL NUTRITION BREAK MARCH 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/3	3/4	3/5	3/6	3/7
Blueberry Muffin Top, Fresh Fruit	Peanut Butter & Jelly Graham, Fresh Fruit	Skillet Frittata W/Turkey Sausage, 100% Apple Juice	El Paso Fold & Go Blazing Sunflower Seeds Fresh Fruit	Whole Wheat Honey Breakfast Bar, Fresh Fruit
3/10	3/11	3/12	3/13	3/14
Whole Wheat Cinnamon Bun, Fresh Fruit	Cereal Bar, String Cheese, Fresh Fruit	Breakfast Burrito W/Egg, Cheese & Turkey Sausage, 100% Apple Juice	2-Mini Cinnamon Sweet Potato Buns, Fresh Fruit	Blueberry Muffin, 100% Orange Juice
3/17	3/18	3/19	3/20	3/21
 Cherry Danish, String Cheese Fresh Fruit	Yogurt, Graham Cracker, Fresh Fruit	Yogurt Parfait w/Granola Bar 100% Apple Juice	Blueberry Muffin, 100% Orange Juice	Whole Wheat Crumb Cake, String Cheese, Fresh Fruit
3/24	3/25	3/26	3/27	3/28
Cinnamon Rush Mini French Toast, Sunflower Seeds 100% Apple Juice	Cereal Bar, String Cheese Fresh Fruit	El Paso Fold & Go, Blazing Sunflower Seeds Fresh Fruit	Blueberry Muffin Top String Cheese, Fresh Fruit	2-Mini Cinnamon Sweet Potato Buns, 100% Orange Juice
3/31				
Whole Wheat Honey Bar, 100% Apple Juice	<h1>SPRING</h1> 			
"This institution is an equal opportunity provider"		Enjoy A Great Breakfast to Jump Start your Day!		
				Choice of Milk Served Daily. "Menu is subject to change without notice"









McFarland Unified School District

HIGH SCHOOL LUNCH MENU

MARCH 2014



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/3	3/4	3/5	3/6	3/7
Bean & Cheese Burrito, Steamed Corn, Salsa Cup, Fruit Cocktail W/Cherries	Popcorn Chicken, Steamed Rice, Mixed Vegetables, Mandarin Oranges	Grilled Cheese Sandwich, Fresh Broccoli, Chilled Pears	Mac & Cheese, Breaded Chicken Strips, Baked Beans, Chilled Apricots	Stuffed Crust Peperroni Pizza, Romaine & Spinach Salad W/Garbanzo Beans, Pineapple Tidbits
3/10	3/11	3/12	3/13	3/14
Chili Cheese Dog, Fresh Cucumbers & Cherry tomatoes, Fresh Oranges	Ham & Cheese Sandwich Red. Fat Chips, Celery Sticks, Fresh Apple	2-Chicken & Cheese Quesadilla, Seasoned Corn, Fresh Banana	Super Nachos W/Ground Beef, Baked Tortillas Chips, Pinto Beans, Peaches & Pears	PB & J Uncrustable Baby Carrots, Applesauce Cups, Graham Cracker
3/17	3/18	3/19	3/20	3/21
 Charbroiled Burger on a What Bun, Potato Wedges, Shredded Lettuce & Tomatoes, Mixed Fruit	Chicken Fajitas W/Soft Flower Tortilla, Spanish Brown Rice, Green Beans, Chilled Peaches	Chicken Tenders, Baked Sweet Potato Fries, Fresh Apple, Graham Cracker	Turkey Gravy Mashed Potatoes, Cucumber Coins, Wheat Roll, Bagged Fresh Oranges Vanilla Cracker	Tony's Cheese Pizza, Romaine & Spinach Salad w/Kidney Beans, Chilled Apricots
3/24	3/25	3/26	3/27	3/28
Chicken Corn Dog, BBQ Baked Beans, Fresh Broccoli, Chilled Mixed Fruit	BBQ Beef Smokie Rib Patty, Dinner Roll, Mashed Potatoes, Chilled Peaches	Turkey & Cheese Sandwich Red. Fat Chips, Chilled Peaches, Baby Carrots	Orange Chicken & Steamed Rice, Mixed Vegetables, Cucumber Coins, Mandarin Oranges	Italian Dunkers, W/Marinara Sauce, Romaine & Spinach Salad W/Black Beans & Corn, Chilled Applesauce
3/31	3/26	3/27	3/28	3/29
2-Cheese Quesadilla, Salsa Cup, Seasoned Diced Carrots, Chilled Mixed Fruit	 SPRING			
 "This institution is an equal opportunity provider"	 Enjoy A Healthy Balanced Lunch! 			"Choice of Milk Served Daily" "Menu is subject to change without notice"