






Breakfast Prices
 Paid: \$1.25
 Reduced: \$.30

Dalton Local School District High School Menu March 2019

Lunch Prices:
 Paid: \$2.90
 Reduced: \$.40
 Extra
 Entrée: \$1.50



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| <p>Lent Begins March 6th</p> |  <p>B'ROCK'OLI Broccoli is one of those vegetables you either love or hate...but Broccoli gets a bad rap! It is very high in Vitamin C, Vitamin K and contains phytochemicals that helps your body defend itself! Rock out with some broccoli today!</p> | <p>Cauliflower is another vegetable that people tend to avoid, but did you know how nutritious it is? It contains sulforaphane, which has been shown to be effective in fighting cancer! Now that's a heavy weight veggie! It is also anti-inflammatory and antioxidant- rich and may boost both your heart and brain health!</p> <p>Got a big test coming up? Chomp on some cauliflower!</p>  |  | <p>Entrée: Turkey Gravy² w/Biscuit²⁷</p> <p>Vegetable: Mashed Potatoes¹⁵ & Salad Bar</p> <p>Fruit: Mixed Fruit Cup¹⁶ & Fresh Fruit Milk Choice</p> |
| <p style="text-align: right;">4</p> <p>Entrée: Chicken³² or Cheese Quesadilla³⁹ w/Salsa⁶ & Sour Cream³</p> <p>Vegetable: Cowboy Corn²¹ & Salad Bar</p> <p>Fruit: Side Kicks Slushy²⁰ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">5</p> <p>Entrée: Texas Burger¹ w/Cheese¹, Bun¹⁹, Bacon⁰ & BBQ Sauce¹⁴, Lettuce, Tomato Slices & Pickles⁰</p> <p>Vegetable: Steamed Green Beans⁴ & Salad Bar</p> <p>Fruit: Applesauce¹⁴ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">6</p> <p>Entrée: Pub Fish Sandwich³⁴ w/Lettuce, Tomato⁰ & Tartar Sauce³</p> <p>Vegetable: Wedge Fries¹⁷ & Salad Bar</p> <p>Fruit: Diced Peaches¹⁹ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">7</p> <p>Entrée: Breakfast for lunch! French Toast Bites¹⁹ w/Sausage Patty¹, Syrup⁵¹ (Sugar Free Available Upon Request⁹)</p> <p>Vegetable: Hash Brown Patties²⁹ & Salad Bar</p> <p>Fruit: Orange Slices¹⁹ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">8</p> <p>Entrée: Doritos Extreme Walking Taco³¹ w/Beef Taco Meat, Shredded Cheese¹ & Lettuce, Diced Tomatoes⁰, Salsa⁶, Sour Cream³ & Banana Peppers⁰ & Cheese Pizza⁴³</p> <p>Vegetable: Fiesta Beans²² & Salad Bar</p> <p>Fruit: Diced Pears¹⁴ & Fresh Fruit Milk Choice</p> |

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p style="text-align: right;">11</p> <p>Entrée: Fry Day! Baked Chicken Fries¹⁴ & Baked Funnel Cake Fries²⁶</p> <p>Vegetable: Oven Baked Fries¹⁷ or Salad Bar</p> <p>Fruit: Peach Cup¹⁹ or Fresh Fruit Milk</p> | <p style="text-align: right;">12</p> <p>Entrée: All American Dog Bar²⁴ w/Coney Sauce⁷, Shredded Cheddar Cheese², Diced Onions, Banana Peppers & Relish⁰</p> <p>Vegetable: Baked Beans²² or Salad Bar</p> <p>Fruit: Side Kicks Slushy²⁰ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">13</p> <p>Entrée: Chicken Teriyaki¹⁵ over Rice³⁷ & Fortune Cookie⁷</p> <p>Vegetable: Steamed Broccoli⁴ or Salad Bar</p> <p>Fruit: Diced Pears¹⁴ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">14</p> <p>Entrée: Mashed Potato Bowl¹⁹ w/Popcorn Chicken²⁰</p> <p>Vegetable: Mashed Potatoes¹⁵ w/Gravy⁴, Steamed Corn¹⁷ or Salad Bar</p> <p>Fruit: Mixed Fruit¹⁶ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">15</p> <p>Entrée: Popcorn Shrimp²¹ Basket w/ Fries¹⁷ and Hush Puppies²²</p> <p>Vegetable: Oven Baked Fries¹⁷ & Salad Bar</p> <p>Fruit: Strawberry Cup²² & Fresh Fruit Milk Choice</p> |
| <p style="text-align: right;">18</p> <p>Entrée: Spaghetti w/Meatballs⁵⁶ & Garlic Texas Toast¹¹</p> <p>Vegetable: Steamed Broccoli⁴ & Salad Bar</p> <p>Fruit: Strawberry Cup²² & Fresh Fruit Milk Choice</p> | <p style="text-align: right;">19</p> <p>Entrée: Chili Cheese Tots³¹ w/Pepperidge Farm Goldfish Grahams¹⁹</p> <p>Vegetable: Tater Tots¹⁶ or Salad Bar</p> <p>Fruit: Apple Crisp³⁵ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">20</p> <p>Entrée: Nacho Bar w/Beef Taco or Santa Fe Chicken³²</p> <p>Vegetable: Fiesta Beans²², Nacho Bar w/Shredded Cheese, Greek Yogurt², Shredded Romaine⁰, Diced Tomatoes⁰, Diced Onions⁰, Jalapeños⁰ & Salsa⁶</p> <p>Fruit: Banana²⁷ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">21</p> <p>Entrée: Pulled Pork¹⁷ Mashed Potato¹⁵ Stacker w/Garlic Texas Toast¹¹ & Cheddar Cheese¹</p> <p>Vegetable: Mashed Potatoes¹⁵ or Salad Bar</p> <p>Fruit: Diced Peaches¹⁹ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">22</p> <p>Entrée: Macaroni & Cheese³³ w/BBQ¹⁴ Popcorn Chicken²⁰</p> <p>Vegetable: Oven Roasted Cauliflower⁴ or Salad Bar</p> <p>Fruit: Mixed Fruit Cup¹⁶ or Fresh Fruit Milk Choice</p> |
| <p style="text-align: right;">25</p> <p>Entrée: Salisbury Steak² & Whole Grain Roll¹⁵</p> <p>Vegetable: Mashed Potatoes¹⁵ & Gravy⁴ or Salad Bar</p> <p>Fruit: Cinnamon Apple Slices¹² or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">26</p> <p>Entrée: Burrito Bowl w/Choice of Beef⁰ Taco of Santa Fe Chicken⁰ over Spanish Rice¹⁹ w/Apple Churro¹⁴, Cheddar Cheese¹ & Greek Yogurt¹</p> <p>Vegetable: Fiesta Beans²² or Salad Bar</p> <p>Fruit: Side Kicks Slushy²⁰ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">27</p> <p>Entrée: Oven Baked Chicken Leg⁵ w/Cornbread¹⁷</p> <p>Vegetable: Steamed Corn¹⁷, Cole Slaw¹⁷ or Salad Bar</p> <p>Fruit: Sliced Oranges¹⁸ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">28</p> <p>Entrée: Chicken Verde Enchilada²⁼³⁰</p> <p>Vegetable: Fiesta Beans²², Green Beans⁴, or Salad Bar</p> <p>Fruit: Diced Pears¹⁴ or Fresh Fruit Milk Choice</p> | <p style="text-align: right;">29</p> <p>Entrée: Fish¹⁵ & Chips¹⁹ w/Tartar Sauce³</p> <p>Vegetable: Steak Fries¹⁹ & Salad Bar</p> <p>Fruit: Mandarin Oranges²⁰ or Fresh Fruit Milk Choice</p> |

This facility is an equal opportunity provider. Menu subject to change due to product availability and inclement weather. Every Day Available Items: Pizza, Burgers & Chicken Patty Sandwiches.