






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

Dalton Local School District Middle School Menu March 2019

Lunch Prices:
 Paid: \$2.80
 Reduced: \$.40
 Extra
 Entrée: \$1.50



Monday	Tuesday	Wednesday	Thursday	Friday
<h2 style="color: red;">Lent Begins March 6th</h2>	 <p>B'ROCK'OLI</p> <p>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! Try 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>EAT 5 A DAY for better health</p>	<p>Breakfast: Breakfast Sliders²=²¹ Cinnamon Sliced Apples ²² Milk Choice</p> <p>Lunch: Entrée Pick One Meatball Sub²², Cheese Pizza⁴³ or Grilled Chicken Garden Salad ²²</p> <p>Vegetable Pick Two: Baked Beans¹⁸ or Salad Bar</p> <p>Fruit: Diced Pears¹⁴ or Salad Bar Milk Choice</p>
<p>4</p> <p>Breakfast: Chocolate Filled Breakfast Croissant³⁷ Diced Pears¹⁴ or Fresh Fruit Choice Milk</p> <p>Lunch: Entrée: Quesadilla³² w/Sour Cream³ or Pepperoni Pizza⁴³ or Goldfish Fun Lunch w/Goldfish Crackers, Cheese Stick, Fresh Fruit or Juice & Vegetables²⁶</p> <p>Vegetable: Cowboy Corn²¹ or Salad Bar</p> <p>Fruit: Side Kicks Slushy²⁰ or Fresh Fruit Milk Choice</p>	<p>5</p> <p>Breakfast: Mini Pillsbury Maple Pancakes²⁰ Juice²⁰ or Fresh Fruit Choice Milk</p> <p>Lunch: Entrée: Baked Chicken Tenders¹⁶ or Bosco Sticks²⁸⁹ w/Marinara Sauce¹⁰ or Ham & Cheese Sub Sandwich³⁰</p> <p>Vegetable: Emoji Fries²⁰ & Salad Bar</p> <p>Fruit: Applesauce¹⁴ or Fresh Fruit Milk Choice</p>	<p>6</p> <p>Breakfast: Go Big Strawberry Yogurt¹⁸ w/ Fresh Baked Cinnamon Roll¹⁹ , Strawberry Cup²² or Fresh Fruit Choice Milk</p> <p>Lunch: Entrée: Fish Bites²² w/Tartar Sauce³ or Pepperoni or Cheese Pizza⁴³ or Chef Salad¹³</p> <p>Vegetable: Steamed Broccoli³ or Salad Bar</p> <p>Fruit: Mandarin Oranges²⁰ or Fresh Fruit Milk Choice</p>	<p>7</p> <p>Breakfast: French Toast Bites¹⁹ w/Syrup⁵¹ Mixed Fruit¹⁴ or Fresh Fruit Choice Milk</p> <p>Lunch: Entrée: Turkey Gravy² or French Bread Pizza³³ or Yogurt Parfait⁴⁶</p> <p>Vegetable: Mashed Potatoes¹⁵ or Salad Bar</p> <p>Fruit: Dried Craisins²⁶ or Fresh Fruit Milk Choice</p>	<p>8</p> <p>Breakfast: Blueberry Cinnamon Twisted Stix²⁴, Juice Choice²⁰ or Fresh Fruit Choice Milk</p> <p>Lunch: Entrée: Walking Taco³¹ w/Cheese, Pico De Gallo & Greek Yogurt² or Personal Sausage or Cheese Pizza²⁶ or Grilled Chicken Garden Salad²²</p> <p>Vegetable: Fiesta Beans²² or Salad Bar</p> <p>Fruit: Diced Pears¹⁴ or Fresh Fruit Milk Choi</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11</p> <p>Breakfast: Pillsbury Apple Frudel³⁶ Applesauce¹⁴ or Fresh Fruit Choice Milk Choice Lunch: Entrée: Fry Day! Baked Chicken Fries⁷⁼¹⁴ & Baked Funnel Cake Fries¹⁰⁼²⁶ or French Bread Pizza³³ or Pizza Flatbread Lunchable³³ Vegetable: Oven Baked Fries¹⁷ & Salad Bar Fruit: Mixed Fruit Cup²² or Fresh Fruit Milk Choice</p>	<p>12</p> <p>Breakfast: French Toast Sticks²⁸ w/Turkey Sausage Patty¹ & Syrup⁵¹ (Sugar Free Available Upon Request⁹) Mixed Fruit ²² or Fresh Fruit Choice Milk Choice Lunch: Entrée: Hot Dog Bar²⁴ w/Coney Sauce⁷, Shredded Cheddar Cheese², Diced Onions, Banana Peppers & Relish⁰ or Fiesta Pizza³⁸ or Yogurt Parfait⁴⁶ Vegetable: Baked Beans¹⁸ or Salad Bar Fruit: Side Kicks Slushy²⁰ or Fresh Fruit Milk Choice</p>	<p>13</p> <p>Breakfast: Sausage Pancake Wrap²³ w/Syrup⁵¹ (Sugar Free Available⁹) Assorted Juice²⁰ or Fresh Fruit Choice Milk Lunch: Entrée: Teriyaki Chicken¹⁵ Over Brown Rice³⁷ & Fortune Cookie⁷ or Cheese Pizza⁴³ or Breakfast Fun Lunch⁶² Vegetable: Steamed Broccoli³ or Salad Bar Fruit: Diced Pears¹⁴ or Fresh Fruit Milk Choice</p>	<p>14</p> <p>Breakfast: Pillsbury Mini Strawberry Pancakes⁴⁰ Diced Peaches¹³ & Fresh Fruit Milk Lunch: "Pi Day"²⁷ Every Student Gets a Mini Pocket Apple Pie Entrée: Mashed Potato Bowl^{1/2 cup=15} w/Popcorn Chicken²⁰ or Pepperoni Calzone³² or Italian Combo Sub²⁹ Vegetable: Mashed Potatoes¹⁵ w/Gravy⁴, Steamed Corn¹⁷ or Salad Bar Fruit: Mixed Fruit²² or Fresh Fruit Milk Choice</p>	<p>15</p> <p>Breakfast: Sausage Biscuit Sandwich¹⁶ Orange Slices¹⁸ or Fresh Fruit Milk Lunch: Entrée: Corn Dog on a Stick³⁰ or Mozzarella Sticks¹⁷ w/Marinara Sauce¹⁰ or Ham & Cheese Sandwich³⁰ Vegetable: Steamed Peas & Carrots⁴ & Salad Bar Fruit: Strawberry Cup²² & Fresh Fruit Milk Choice</p>
<p>18</p> <p>Breakfast: Chocolate Crescent Pastry³⁷ Assorted Juice²⁰ Milk Choice Lunch: Entrée Pick One Salisbury Steak² w/Whole Wheat Roll¹⁵, Cheese or Pepperoni Pizza⁴³ or Lunch Meat & Cheese Lunchable¹⁶ Vegetable Pick Two: Mashed Potatoes¹⁵ w/Gravy⁴ or Salad Bar Fruit: Cinnamon Apple Slices¹² or Fresh Fruit Milk Choice</p>	<p>19</p> <p>Breakfast NEW ITEM: *Apple Cinnamon Texas Toast⁴⁵ Diced Pears¹⁴ Milk Choice Lunch: Entrée: Santa Fe Beefy Pasta⁴⁷ w/cornbread²⁶ or Personal Pizza²⁶ or Ham & Cheese Sub Sandwich³⁰ Vegetable: Peas & Carrots⁴ or Salad Bar Fruit: Strawberry Cup²² or Fresh Fruit Milk Choice</p>	<p>20</p> <p>Breakfast: Pillsbury Mini Waffles³⁷ Assorted Fruit Juice²⁰ Milk Choice Lunch: Entrée Pick One Chili Cheese Tots²¹ w/Pepperidge Farm Goldfish Graham¹⁹, Hawaiian Pizza⁴⁵ or Chef Salad¹³ Vegetable Pick Two: Tater Tots¹⁶ or Salad Bar Fruit: Apple Slices¹² or Fresh Fruit Milk Choice</p>	<p>21</p> <p>Breakfast: Sausage, Egg & Cheese on a Bun²⁵ Strawberry Cup²² Milk Choice Lunch: Entrée Pick One Nacho Bar³³, Cheesy Bread²⁸ w/Marinara Sauce¹⁰ or Turkey & Cheese on a Bun²⁹ Vegetable Pick Two: Fiesta Beans²² or Salad Bar Fruit: Banana²⁷ or Fresh Fruit Milk Choice</p>	<p>22</p> <p>Breakfast: Whole Grain Donut ⁵⁹ Fresh Fruit or Assorted Fruit Juice²⁰ Milk Choice Lunch: NEW ITEM! Entrée Pick One Chicken & Waffles – Boneless Wings¹⁰ Belgium Waffle⁷, Drizzled with Maple Syrup⁵¹, Pepperoni or Cheese Pizza⁴³ or Grilled Chicken Garden Salad²² Vegetable Pick Two: Potato Coins¹⁷ or Salad Bar Fruit: Diced Peach Cup¹⁹ or Fresh Fruit Milk Choice</p>
<p>25</p> <p>Breakfast: Fresh Baked Ultimate Breakfast Rounds⁴³ Peach Cup¹⁹ Milk Choice Lunch: Entrée Pick One: Grilled Cheese³¹ w/Tomato Soup²⁰, Whole Grain Max Stix¹⁶ w/Marinara¹⁰ or WOW Butter Lunchable¹⁸ Vegetable: Tater Tots¹⁶ or Salad Bar Fruit: Applesauce¹⁴ or Fresh Fruit Milk Choice</p>	<p>26</p> <p>Breakfast: Mini Cinnamon French Toast³⁷ Applesauce¹⁴ Milk Choice Lunch: Entrée Pick One Scrambled Eggs³ w/Cheese³ & Mini Blueberry Pancakes³⁴, Meat Lovers Pizza ⁴³or Yogurt Parfait⁴⁶ Vegetable Pick Two: Hash Brown¹⁵, Cold Vegetable Medley⁴ or Salad Bar Fruit: Mixed Fruit Cup²² or Fresh Fruit Milk Choice</p>	<p>27</p> <p>Breakfast: Pancake Wrap²³ w/Syrup⁵¹ Assorted Juice²⁰ Milk Choice Lunch: Entrée Pick One Hot Italian Sandwich²⁹ w/Baked Chips¹⁹, Personal Pepperoni Pizza²⁶ or Breakfast Fun Lunch⁶² Vegetable Pick Two: Steamed Green Beans², Cold Mixed Veggies⁴, Cold Sandwich Bar or Salad Bar⁰ Fruit: Side Kick Slushy²⁰ or Fresh Fruit</p>	<p>28</p> <p>Breakfast: French Toast Sticks ²⁸w/Sausage¹, w/Syrup ⁵¹, Fresh Fruit or Orange Slices²¹ Milk Choice Lunch: Entrée: Pick One Macaroni & Cheese³³, Bosco Sticks ²⁸w/ Marinara Sauce¹⁰ or Italian Combo Sub²⁹ Vegetable: Roasted Broccoli & Cauliflower⁴, Cole Slaw¹⁷ or Salad Bar Fruit: Banana²⁷ or Fresh Fruit Milk Choice</p>	<p>29</p> <p>Breakfast: Breakfast Bagel²¹ Applesauce¹⁴ Milk Choice Lunch: Entrée Pick One: Chicken Patty ¹⁶on a Bun¹⁹, Pepperoni or Cheese Pizza⁴³ or Chef Salad¹³ Vegetable Pick Two: Tater Tots¹⁶ or Salad Bar Fruit: Strawberry Cup²² or Fresh Fruit Milk Choice</p>

		Milk Choice		
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This facility is an equal opportunity provider. Meals subject to change due to product availability and inclement weather.