



McDonald Co. R-I  
School District  
MCDONALD  
COUNTY HIGH  
SCHOOL  
BREAKFAST &  
LUNCH

# MARCH 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1 Chicken Strips,</b> Roasted Potato Wedges, Chilled Fruit, Chocolate Cookie, Milk</p> <p><b>2 Turkey Club,</b> Roasted Potato Wedges, Chilled Fruit, Chocolate Cookie, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Super Nacho Bar!</p>	<p><b>1 Opaa! Chicken Noodle Soup,</b> Chz Garlic Biscuit, Super Side Salad, Cinn. Apples, Pudding, Milk</p> <p><b>2 Cheeseburger Bar,</b> Super Side Salad, Cinn. Apples, Pudding, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Hot Dog Bar!</p>	<p><b>1 Chicken Patty,</b> Mashed Potatoes &amp; Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p><b>2 Roast Turkey,</b> Mashed Potatoes &amp; Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Chicken Patty on a Bun Bar!</p>	<p><b>1 Spaghetti/Meat Sauce,</b> Italian Bread, Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk</p> <p><b>2 Burrito,</b> Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>"Wrap It Up" Bar!</p>	<p><b>1 Signature Pizza,</b> Super Side Salad, Fresh Apple, Monster Cookie, Milk</p> <p><b>2 Fish on Bun,</b> Super Side Salad, Fresh Apple, Monster Cookie, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Sub Sandwich Bar!</p>
<p><b>1 Spicy Snack-A-Tizers,</b> Seasoned Fries, Fresh Fruit, Wacky Cake, Milk</p> <p><b>2 Mozzarella Dunkers,</b> Seasoned Fries, Fresh Fruit, Wacky Cake, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Cheeseburger Bar!</p>	<p><b>1 Chicken Alfredo,</b> Italian Bread, Super Side Salad, Green Beans, Apple Wedges, Milk</p> <p><b>2 Bacon Turkey Club Sub,</b> Super Side Salad, Green Beans, Apple Wedges, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>South of the Border Bar!</p>	<p><b>1 Chicken Patty,</b> Mashed Potatoes &amp; Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p><b>2 Meatloaf,</b> Mashed Potatoes &amp; Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Chicken Patty on a Bun Bar!</p>	<p><b>1 Ham &amp; Cheddar Calzone,</b> Pasta Salad, Peaches, Amish Cookie, Milk</p> <p><b>2 Homemade Pizza,</b> Pasta Salad, Peaches, Amish Cookie, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Soup and Sandwich Bar!</p>	<p>No School!</p>
<p>No School!</p>	<p><b>1 Lasagna,</b> Italian Bread, Super Side Salad, Fresh Apple, Choc. Pudding, Milk</p> <p><b>2 All American Sub,</b> Super Side Salad, Fresh Apple, Choc. Pudding, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Hot Dog Bar!</p>	<p><b>1 Chicken Patty,</b> Mashed Potatoes &amp; Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p><b>2 Roast Turkey,</b> Mashed Potatoes &amp; Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Chicken Patty on a Bun Bar!</p>	<p><b>1 Super Nachos,</b> Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk</p> <p><b>2 Hot Dog Bar,</b> Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Chinese Bar!</p>	<p><b>1 Signature Pizza,</b> Super Side Salad, Orange Smiles, Monster Cookie, Milk</p> <p><b>2 Three Cheese Grilled Cheese,</b> Super Side Salad, Orange Smiles, Monster Cookie, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Baked Potato Bar!</p>
<p><b>1 Spicy Chicken Sandwich,</b> Seasoned Fries, Chilled Pears, Rainbow Cake, Milk</p> <p><b>2 Stromboli,</b> Seasoned Fries, Chilled Pears, Rainbow Cake, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Soup and Sandwich Bar!</p>	<p><b>1 Pig 'n' Blanket,</b> Super Side Salad, Chilled Peaches, PB Choc. Chip Cookie, Milk</p> <p><b>2 BBQ Pork,</b> Super Side Salad, Chilled Peaches, PB Choc. Chip Cookie, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>"Wrap It Up" Bar!</p>	<p><b>1 Chicken Patty,</b> Mashed Potatoes &amp; Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p><b>2 Salisbury Steak,</b> Mashed Potatoes &amp; Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Chicken Patty on a Bun Bar!</p>	<p>Breakfast for Lunch!</p> <p><b>1 French Toast Sticks,</b> Sausage Patty, Potato Rounds, Fresh Apple Wedges, Milk</p> <p><b>2 Biscuit &amp; Gravy,</b> Sausage Patty, Potato Rounds, Fresh Apple Wedges, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Italian Bar!</p>	<p><b>1 Homemade Tomato Soup,</b> Chz Garlic Biscuit, Super Side Salad, Chilled Fruit, Cowboy Cookie, Milk</p> <p><b>2 Signature Pizza,</b> Super Side Salad, Chilled Fruit, Cowboy Cookie, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Super Nacho Bar!</p>
<p><b>1 Hamburger,</b> Baked Fries, Fresh Apple Slices, Brownie, Milk</p> <p><b>2 3 Cheese Grilled Cheese,</b> Baked Fries, Fresh Apple Slices, Brownie, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Baked Potato Bar!</p>	<p><b>1 Burrito,</b> Super Side Salad, Seasoned Corn, Jello, Milk</p> <p><b>2 Chicken Fajita Wrap,</b> Super Side Salad, Seasoned Corn, Jello, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Sub Sandwich Bar!</p>	<p><b>1 Chicken Patty,</b> Mashed Potatoes w/ Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p><b>2 Roast Turkey,</b> Mashed Potatoes w/ Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p><b>3 Green Central</b> Salad Bar</p> <p>Chicken Patty on a Bun Bar!</p>		

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**Our Menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and vitamins A and C.**

**Milk Served Daily:**

1%, Skim, & Chocolate Skim

*Menus are subject to Change*



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