

Hallsville High School Lunch Menu March 2010



March 1-5

- MON** Spaghetti w/ Meatballs, Herb Breadsticks, Garden salad w/ Light Ranch, Black eyed Peas, Rosy Pears
TUE Country Steak w/ Cream Gravy, Mashed Potatoes, Green Beans, Dinner Roll, Baked Apples
WED Homemade Chili w/ Cornbread, Broccoli, Glazed Carrots, Mixed Fruit
THU Oven Fried Chicken, Mashed Potatoes w/ Gravy, Marinated Tomatoes and Cucumber Salad, Cheese And Herb Biscuits, Chilled Pineapple
FRI Chicken Nuggets w/ Cream Gravy, Mashed Potatoes, Mixed Vegetables, Dinner Roll Mandarin Oranges

March 8-12

- MON** Meatball Sub, French Fries, Tossed Salad, Chilled Pears
TUE Steak Fingers, Cream Gravy, Mashed Potatoes, Steamed Broccoli, Dinner Roll, Baked Apples
WED Chicken Spaghetti, Peas and Carrots, Spicy Herb Broccoli, Dinner Roll, Warm Cinnamon Applesauce
THU Chicken Fajitas, Pinto Beans, Seasoned Corn, Homemade Cornbread, Chilled Mandarin Oranges
FRI BBQ Pork w/ Bun, Baked Beans, French Fries, Chilled Peaches

March 15-19

- MON** SPRING BREAK
TUE SPRING BREAK
WED SPRING BREAK
THU SPRING BREAK
FRI SPRING BREAK

March 22-26

- MON** Salisbury Steak w/ Brown Gravy, Mashed Potatoes, Early June Peas, Garden Salad, Mandarin Oranges, Dinner Roll
TUE Steak Fingers, Cream Gravy, Mashed Potatoes, Steamed Broccoli, Baked Apples, Dinner Roll
WED Chicken Fajitas, Oriental Vegetables, Seasoned Corn, Chilled Pineapple
THU Sloppy Joe, French Fries, Pinto Beans, Fresh Vegetable Cup, Fresh Apples
FRI Creamy Chicken w/ Broccoli, Spaghetti, Garden Salad w/ Ranch, Seasoned Carrots, Cinnamon Applesauce

March 29-31

- MON** Oven Fried Chicken, Confetti Rice, Lemon and Herb Broccoli, Black eyed Peas, Dinner Roll Mandarin Oranges
TUE Country Steak w/ Cream Gravy, Mashed Potatoes, Green Beans, Dinner Roll, Chilled Peaches
WED Herbed Beef Italiano, Steamed Corn, Seasoned Green Beans, Rosy Pears, Dinner Rolls

FEATURED DAILY

**Fresh Baked Cheese
Pizza**

**Monday, Wednesday,
And Friday**

Pepperoni Pizza

Tuesday and Thursday

Sausage Pizza

Wednesday

Calzones



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.

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FEATURED DAILY

Cheeseburger, Chicken Burgers

Monday:

Bacon Cheeseburger

Tuesday:

Meatball Sub

Wednesday:

Grilled Chicken Sandwich

Thursday:

Steak Sandwich

Friday:

Spicy Chicken Sandwich

**Includes Sandwich
With Sides, Fresh Fruit and
Choice of Milk**



Everyday

**Ham and Cheese Hoagie
Turkey and Cheese Hoagie
Chicken Crispy Ranch Salad
Chicken Wrap**



**FRESHLY MADE TO ORDER TACOS,
BURRITOS, NACHOS**

**From a selection of:
SEASONED GROUND BEEF
DICED CHICKEN
NACHO CHEESE**

*Your choice of Soft or Hard Shell Tortilla & Toppings:
Shredded Lettuce, Diced Tomatoes, Cheese, Salsa and Sour Cream.*

*Includes choice of Sides, Fresh Fruit,
and Choice of Milk.*



*Features a bounty of fresh, seasonal and composed side dishes
including hot or cold veggies, fresh cut fruits and side salads.
These healthy options add value to your meal and are a perfect
spot to round out your meal.*

***Chicken Strip Salad, Fresh Fruit, and Choice of Milk**

Carotenoids are plant pigments that give carrots their orange color

A great superfood for your eyes, skin and hair

Rich in vitamin A, potassium, and fiber

Raw carrots can be orange, purple, white, red or yellow

Outstanding vegetable eaten raw, steamed, shredded as well as cut and baked as "carrot fries"

Tops should be removed before storing

