

# March 2019

## Maryville Junior High School

### LUNCH



**School Information: Offered Daily with all Meals:** Veggie Bar, Fresh and Canned Fruit.  
**Mayfield Milk Choices:** Skim, NF Chocolate, 1%, Vanilla and Strawberry



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

*Menu subject to change without notice*



### Wednesday

### Thursday

### Friday

Wild Mike's Cheese Bites  
 Marinara Sauce  
 Green Beans

1

**Or:** Fish, WG Bun, Coleslaw

Chicken Nuggets  
 Macaroni & Cheese  
 Broccoli, Rolls

4

**Or:** Turkey/Bacon/Cheese  
 WG Bun

Chili  
 Tater Tots  
 Fritos, Crackers

5

**Or:** Corn Dog, Tater Tots

Chicken Patty  
 Regular Or Spicy  
 WG Bun  
 Baked Beans, California Blend

6

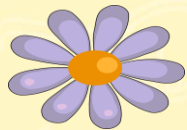
**Or:** Meatball Sub

*Intervention &  
 Enrichment*

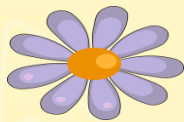
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*Intervention &  
 Enrichment*

8



11



12

## Spring Break

13



14



15

Hamburger  
 WG Bun  
 Carrots, Fries  
 Lett/Tom/Pickle  
**Or:** Orange Chicken, Egg Roll  
 Chow Mein, Stir Fry

18

Chick Filet  
 WG Bun  
 Potato Wedges  
 Broccoli  
**Or:** Riblet, WG Hoagie  
 Potato Wedges

19

Beef Taco's  
 Rice, Refried Beans  
 Lett/Tom/Cheese

20

**Or:** Potato Bar with Fixings

Mini Corndogs  
 Nacho and Cheese  
 Broccoli

21

**Or:** Grilled Chicken, WG Bun  
 Sweet Potato Tots

Wild Mike's Cheese Bites  
 Marinara Sauce  
 Green Beans

22

**Or:** Fish, WG Bun, Coleslaw

Chicken Nuggets  
 Macaroni & Cheese  
 Broccoli, Rolls

25

**Or:** Turkey/Bacon/Cheese  
 WG Bun

Chili  
 Tater Tots  
 Fritos, Crackers

26

**Or:** Corn Dog, Tater Tots

Chicken Filet  
 WG Bun  
 Baked Beans, California Blend

27

**Or:** Meatball Sub

Steak & Gravy  
 Mashed Potatoes  
 Peas, Roll

28

**Or:** Grilled Cheese, Potato Soup

Pizza  
 Corn  
 Carrots

29

**Or:** Hamburger, WG Bun  
 Fries, Lett/Tom/Pickle