

March Junior High Menu

Health-e Pro 

MON

TUE

WED

THU

FRI

HARVEST OF THE MONTH: DAIRY!



4

Surfin Up Breakfast for Lunch
French Toast, Chicken Sausage, Hash Browns, and Orange Juice



5

Totally Tubular Tacos with Lean Beef, Beans, Salsa, Sour Cream, and Lettuce or Quesadillas
Corn & Bean Salad



6

Tropical Sweet N Sour Chicken With Pineapple, Peppers & Onions, Brown Rice and Side of Roasted Carrots

7

Totally Epic Chicken Patty, Spicy Chicken Patty, or Veggie Burger, and Sweet Potato Fries



1

Walden Hamburger, Cheeseburger, or Veggie Burger
Lettuce, Pickles, Onion, and Tomato
Tater Tots & Chickpea Salad



8

Mac N Cheese and Palm Trees, with a Cheesy Breadstick



11

All Beef Hot Dog with Vegetarian Beans and Oven Baked Fries or Grilled Cheese



12

Lasagna Roll Ups with Marinara Sauce, Garlic Breadstick, and Green Beans
Or Grilled Cheese



13

Popcorn Chicken Over Mashed Potatoes and Corn

14

Revolution Bowl with Chicken, Black Beans, Brown Rice, Salsa, Sour Cream, Guacamole



15

Max Sticks or Mozzarella Sticks with Marinara Dipping Sauce and Caesar Salad



18

Spicy or Plain Chicken Tenders with Choice of Sauce, Smiley Fries, and Roasted Carrots

19

Nachos with Lean Beef, Beans, Salsa, Sour Cream, and Lettuce or Cheese Quesadillas

20

Chicken Parm with Side of Pasta, Garlic Breadstick, Roasted Local Veggies



21

Pasta with Choice of Chicken Meatballs, Garlic Breadstick, and Roasted Vegetables



22

Sal's Pizza
Choice of Toppings
Little Leaf Farms Tossed Salad



25

Breakfast for Lunch
Chicken Sausage, Hash Browns, and Orange Juice

26

Grilled Cheese or Pulled Pork Sandwich with Fries



27

Orange Chicken, Fried Rice with Peas & Carrots
Fortune Cookie

28

Tuscan Pasta with Alfredo Sauce and Roasted Tomatoes, with a Garlic Breadstick



29 No School

GOOD FRIDAY

ANNOUNCEMENTS

Surf's Up! National School Breakfast Week is March 4-8th. Check out some fun in the sun breakfast and lunch items this week.



=Vegetarian Main Lunch Available

Each student also may choose from our daily lunch options which include a choice of Boar's Head Deli Sandwiches, Peanut Butter and Jelly, Power Packs, Salads, Smoothies, Acai Bowls, and Pizza.

Menus are subject to change based on product availability. Please contact us at lunchonline@abschools.org with any questions or comments.

MEAL PRICES

All students receive daily 1 breakfast and 1 lunch at no charge.

Additional breakfast and lunch meals and a la carte items are available for purchase at each school. Visit our website for more information.

Prepay for meals online at www.schoolcafe.com/abrsd or pay by cash/check (AB Food Services) at school

