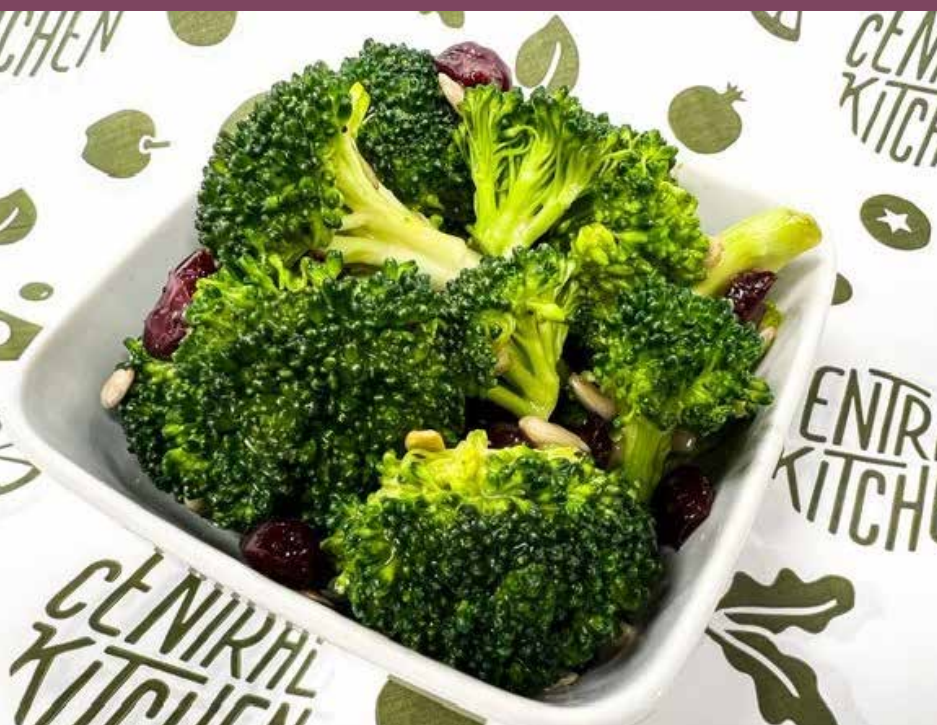


FEATURED MENU ITEM:

Broccoli Salad



Fresh broccoli tossed with cranberries, crunchy sunflower seeds, and a poppy seed dressing make this a sweet broccoli salad to give our students a fresh green veggie option to try this March.




PLEASE NOTE: Due to major supply chain disruptions many food entrées or sides may be substituted due to unplanned shortages or limited availability.

Breakfast Options

MONDAY

- Turkey Sausage Breakfast Pizza
- Fresh Baked Whole Grain Muffin 
- Yogurt Bento Box 
- Whole Grain Cereal 




TUESDAY

- Egg & Potato Breakfast Bowl
- Bagel and Cream Cheese 
- Yogurt Bento Box 
- Whole Grain Cereal 

WEDNESDAY

- Chicken Chili Crispito
- Fresh Baked Whole Grain Muffin 
- Yogurt Bento Box 
- Whole Grain Cereal 

THURSDAY


- Turkey Sausage, Egg & Cheese Breakfast Sandwich
- Bagel and Cream Cheese 
- Yogurt Bento Box 
- Whole Grain Cereal 

FRIDAY

- Chicken Chili Crispito
- Fresh Baked Whole Grain Muffin 
- Yogurt Bento Box 
- Whole Grain Cereal 

Lunch Options

MONDAY

- Popcorn Chicken Bowl
- Bean & Cheese Burrito 
- Spicy Chicken Wrap
- Comp 5 High Schools: Chicken Caesar Salad



TUESDAY

- Chicken Alfredo Pasta
- Beef Cheeseburger
- Fresh Turkey Sandwich
- Comp 5 High Schools: Southwest Salad


WEDNESDAY

- Orange Chicken Bowl
- Veggie French Bread Pizza 
- Spicy Chicken Wrap
- Comp 5 High Schools: Chicken Caesar Salad

THURSDAY

- Spicy Chicken Sandwich
- Bean & Cheese Burrito 
- Fresh Turkey Sandwich
- Side Option: Broccoli Salad 
- Comp 5 High Schools: Southwest Salad

FRIDAY

- Beef & Pork Pepperoni Pizza or Cheese Pizza 
- BBQ Chicken Sandwich
- Spicy Chicken Wrap
- Comp 5 High Schools: Chicken Caesar Salad



The Nutrition Services Department is on a mission to ensure every student, regardless of income, receives a freshly prepared meal while at school. We are hard at work improving one entrée at a time with a laser focus on our mission and the vision. We are excited to announce in March our Central Kitchen mobile food truck launch during **National School Breakfast Week** March 6th. The truck will visit middle schools 4 days per week serving a freshly prepared breakfast at no cost.

National School Breakfast Week is a great opportunity to share the benefits of eating a healthy breakfast before school. Studies show a balanced breakfast improves student memory, alertness, and concentration and decreases behavioral and psychological problems with lower rates of absenteeism and tardiness.



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