

# MENU

## BILOXI SECONDARY SCHOOL LUNCH MENU MARCH 2010



### MARCH 1 - 5

- MON **Chicken Spaghetti**, seasoned corn, tossed salad, honey wheat bread sticks, applesauce, assorted fruit juice
- TUE **Chicken & Sausage Gumbo**, potato salad, green beans, chilled pears, assorted fruit juice
- WED **Hamburger Pepper Steak**, steamed rice w/gravy, broccoli/carrots/ cauliflower, fruited jell-o, assorted fruit juice
- THU **Red Beans & Rice**, steamed cabbage, glazed carrots, cornbread, chilled peaches, assorted fruit juice
- FRI **Cheesy Chicken over Rice**, steamed broccoli, green peas, ww roll, apple crisp, assorted fruit juice

### MARCH 8 - 12

- MON **Shepherd's Pie**, mixed vegetables, green beans, ww roll, strawberries, assorted fruit juice
- TUE **Macaroni & Cheese w/Ham**, peas & carrots, steamed broccoli, ww roll, chilled peaches, assorted fruit juice
- WED **Salisbury Steak**, steamed rice w/gravy, black eyed peas, steamed cabbage, cornbread, fruited jell-o, assorted fruit juice
- THU **Chili Frito To Go**, tossed salad, seasoned corn, apple sauce, assorted fruit juice
- FRI **\*Macho Nachos**, pinto beans, \*spanish rice, \*mexican corn, \*baked apples, assorted fruit juice

### MARCH 15 - 19

- MON **Salisbury Steak**, mashed potatoes w/gravy, peas & carrots, ww roll, apple crisp, assorted fruit juice
- TUE **Red Beans & Rice**, steamed cabbage, green beans, cornbread, chilled peaches, assorted fruit juice
- WED **\*Chicken Fajitas**, \*spanish rice, mexican corn, \*fruited jell-o, assorted fruit juice
- THU **Chicken & Sausage Gumbo**, potato salad, seasoned corn, applesauce, assorted fruit juice
- FRI **Turkey Pot Pie**, mixed vegetables, steamed broccoli, blueberry crisp, assorted fruit juice

### MARCH 22 - 26

- MON **Chicken Parmesan**, green beans, glazed carrots, honey wheat bread sticks, blueberry crisp, assorted fruit juice
- TUE **\*Macho Nachos**, \*mexican corn, pinto beans, \*spanish rice, \*applesauce, assorted fruit juice
- WED **Toasted Cheese & Chili w/Beans**, steamed broccoli, cucumbers w/dip, chilled peaches, assorted fruit juice
- THU **Italiano Chicken Tenders**, quick baked potatoes, black eyed peas, ww roll, fruited jell-o, assorted fruit juice
- FRI **\*Spaghetti w/Meat Sauce**, seasoned corn, \*tossed salad, \*honey wheat bread sticks, \*baked apples, assorted fruit juice

### MARCH 29 - 31

- MON Spring Break - No School
- TUE Spring Break - No School
- WED Spring Break - No School



*Our menus recognize the positive impact whole grains can make on the health of children. We strive to make half our grains whole.*



*Balanced Choices meals are available weekly. Look for this icon or an (\*) asterisk to identify meal components. All Balanced Choices Meals are served with specific side items and 1% or less milk. Refer to weekly menu signage posted at your school.*



*All selections prepared on Whole Wheat Crust*

### FEATURED DAILY

Fresh Baked Cheese & Pepperoni Pizza

### ROTATING DAILY SPECIALS

- Monday - Supreme Pizza
- Tuesday - Sausage Pizza
- Wednesday - Double Stuffed Cheese Pizza
- Thursday - Cheese Maxx Sticks w/Marinara
- Friday - Meatlover's Pizza

*Includes Pizza or Specialty Dish with Vegetable Sides, Fresh Fruit and choice of Milk*



*All selections prepared on Whole Wheat Bun or Whole Grain Bread*

### FEATURED DAILY

Cheeseburger & Chicken Filet Sandwich

- Mondays - BBQ Pork Riblet
- Tuesdays - Chicken Club
- Wednesdays - Hot Dog w/Chili
- Thursdays - Toasted Ham & Cheese
- Fridays - BBQ Chicken



### FEATURED DAILY

Turkey Chef Salad

- Mondays - Chicken Strip Salad
- Tuesdays - Chicken Fajita Salad
- Wednesdays - Oriental Chicken Salad
- Thursdays - Taco Chef Salad
- Fridays - Tuna Salad Plate w/Crackers



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