

# BILOXI HIGH SCHOOL LUNCH MENU MARCH 2010




Meal Includes: Entree, sides, fresh fruit and choice of low fat milk





## FEATURED DAILY


Fresh Baked Cheese Pizza

All selections, except Calzones, prepared on Whole Wheat Crust 


## 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 Salisbury 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, peas & carrots, ww roll, blueberry crisp, assorted fruit juice 





## MARCH 8 - 12

- MON Shepherd's Pie, mixed vegetables, glazed carrots, ww roll, strawberries, assorted fruit juice 
- TUE Macaroni & Cheese w/Ham, peas & carrots, steamed broccoli, ww roll, chilled peaches, assorted fruit juice 
- WED Hamburger Pepper Steak, steamed rice w/gravy, black eyed peas, steamed cabbage, cornbread, fruited jell-o, assorted fruit juice
- THU Shepherd's Pie, green beans, seasoned corn, ww roll, apple crisp, assorted fruit juice 
- FRI \*Roast Pork, \*steamed rice w/gravy, \*green beans, glazed carrots, \*ww roll, \*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 Turkey & Noodles, steamed broccoli, cucumber w/dip, wg biscuit, chilled peaches, assorted fruit juice 
- THU Tater Tot 'N Cheese Bake, green beans, 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

## ROTATING DAILY SPECIALS

### MARCH 1 - 5

- Monday - Pepperoni Pizza or Stuffed Crust Cheese Pizza
- Tuesday - Cheese Sticks or Broccoli Topped Pizza
- Wednesday - Veggie Calzone or Pepperoni Pizza
- Thursday - South of the Border Pizza or Combination Pizza
- Friday - Ham & Pineapple Pizza or Pepperoni Pizza

### MARCH 8 - 12

- Monday - Pepperoni Pizza or Broccoli & Cheese Calzone
- Tuesday - Broccoli Topped Pizza or Pepperoni Mushroom Pizza
- Wednesday - Veggie Calzone or Pepperoni Pizza
- Thursday - South of the Border Pizza or Ham & Cheese Calzone
- Friday - Veggie Lover's Pizza or Mexican Pizza

### MARCH 15 - 19

- Monday - Pepperoni Pizza or Stuffed Crust Cheese Pizza
- Tuesday - Cheese Sticks or Broccoli Topped Pizza
- Wednesday - Veggie Calzone or Pepperoni Pizza
- Thursday - South of the Border Pizza or Combination Pizza
- Friday - Ham & Pineapple Pizza or Pepperoni Pizza

### FEBRUARY 22 - 26

- Monday - Pepperoni Pizza or Broccoli & Cheese Calzone
- Tuesday - Broccoli Topped Pizza or Pepperoni Mushroom Pizza
- Wednesday - Veggie Calzone or Pepperoni Pizza
- Thursday - South of the Border Pizza or Ham & Cheese Calzone
- Friday - Veggie Lover's Pizza or Mexican Pizza

### FEBRUARY 29 - 31

- Monday - Spring Break - No School
- Tuesday - Spring Break - No School
- Wednesday - Spring Break - No School

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

**FRESHLY MADE TO ORDER  
TACOS, BURRITOS, AND NACHOS**  
From a selection or:  
**SEASONED GROUND BEEF  
FRESH 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 Taco, Burrito, or Nachos, Sides, Fresh Fruit, And  
Choice of Milk.

Ask your cafeteria manager about Daily Vegetarian Options.



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.


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.



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





All selections prepared on Whole Wheat Bread 

Choose From The Following:

FRESHLY MADE TO ORDER SANDWICHES and WRAPS

TUNA SALAD • CHICKEN SALAD  
BREADED CHICKEN STRIP • HAM • TURKEY  
AMERICAN CHEESE • SWISS CHEESE

Your choice of  
Bread & Toppings:  
Crispy lettuce  
Sliced tomatoes  
Peppers  
Mayonnaise  
Mustard  
Oil & Vinegar


**Rotating Weekly Specials**

Monday - Triple Decker Turkey Sandwich  
Tuesday - Chicken Caesar Wrap  
Wednesday - Roast Beef & Swiss  
Thursday - Chicken Salad Sandwich  
Friday - Chicken Strip Wrap



**Available Daily**

*Cheeseburger & Chicken Filet*

All selections prepared on whole wheat bun 

**Rotating Daily Specials**

**MARCH 1 - 5**

Monday - Hot Dog w/Chili  
Tuesday - Cheddar Onion Burger  
Wednesday - Grilled Chicken Wrap  
Thursday - Baked Corn Dog  
Friday - BBQ Pork Riblet

**MARCH 8 - 12**

Monday - BBQ Pork Riblet  
Tuesday - Pizza Burger  
Wednesday - Cheddar Onion Burger  
Thursday - Mushroom Swiss Burger  
Friday - Mini Cheeseburgers

**MARCH 15 - 19**

Monday - Hot Dog w/Chili  
Tuesday - Cheddar Onion Burger  
Wednesday - Grilled Chicken Wrap  
Thursday - Baked Corn Dog  
Friday - BBQ Pork Riblet

**MARCH 22 - 26**

Monday - BBQ Pork Riblet  
Tuesday - Pizza Burger  
Wednesday - Cheddar Onion Burger  
Thursday - Mushroom Swiss Burger  
Friday - Mini Cheeseburgers

**MARCH 22 - 26**

Monday - Spring Break - No School  
Tuesday - Spring Break - No School  
Wednesday - Spring Break - No School



**Rotating Daily Specials**

**MARCH 1 - 5**

Monday - Chicken Strip Salad or Veggie Lover's Wrap  
Tuesday - Turkey Chef Salad or Chicken Caesar Wrap  
Wednesday - Ham Chef Salad or Santa Fe Turkey Wrap  
Thursday - Chicken Fajita Salad or Parisan Ham & Cheese Wrap  
Friday - Ham Salad or Tuna Salad Wrap

**MARCH 8 - 12**

Monday - Chicken Strip Salad or Santa Fe Turkey Wrap  
Tuesday - Buffalo Salad Bar or Chicken Salad Sandwich  
Wednesday - Ham Chef Salad or Triple Decker Turkey Club  
Thursday - Chicken Fajita Salad or Ham & Cheese Wrap  
Friday - Tuna Salad Plate or Submarine Sandwich

**MARCH 15 - 19**

Monday - Chicken Strip Salad or Veggie Lover's Wrap  
Tuesday - Turkey Chef Salad or Chicken Caesar Wrap  
Wednesday - Ham Chef Salad or Santa Fe Turkey Wrap  
Thursday - Chicken Fajita Salad or Chicken Tender Wrap  
Friday - Ham Salad or Tuna Salad Wrap

**MARCH 22 - 26**

Monday - Chicken Strip Salad or Santa Fe Turkey Wrap  
Tuesday - Buffalo Salad Bar or Chicken Salad Sandwich  
Wednesday - Ham Chef Salad or Triple Decker Turkey Club  
Thursday - Chicken Fajita Salad or Santa Fe Turkey Wrap  
Friday - Tuna Salad Plate or Submarine Sandwich

**MARCH 22 - 26**

Monday - Spring Break - No School  
Tuesday - Spring Break - No School  
Wednesday - Spring Break - No School

*Includes Sandwich, Vegetable Sides, Fresh Fruit, and choice of 1% Milk.*



The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy, which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the secretary of agriculture, Washington, D.C. 20250. Food service provided by Chartwells School Dining Services.

