

New Kent High School
School Nutrition Division

March

Menu items subject to availability

Students \$2.75; Reduced .40c;

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>27</p> <p>Choice of 1 entrée Asian Chicken Popcorn Rice w/either Pizza Hut</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Broccoli Carrots w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice And Milk</p>	<p>28</p> <p>Choice of 1 entrée Spaghetti w/meat sauce Chicken Nuggets Roll w/either Rib BQ Sandwich Entrée Salad</p> <p>Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Romaine Salad w/Tomato Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Mash Potato w/gravy</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice And Milk</p>	<p>1</p> <p>Choice of 1 entrée Corndog Nuggets Pizza Crunchers Hamburger or Cheeseburger Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Baked Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice And Milk</p> <p>A la Cart Subway \$2.25 or \$4 for 2</p>	<p>2</p> <p>Choice of 1 entrée Mac n Cheese Chicken Tenders Roll w/either Chicken Sandwich Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Green Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice And Milk</p>	<p>3</p> <p>Choice of 1 entrée Nachos Pizza Rippers Burrito w/cheese sauce Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Refried Beans Salsa Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p>Choice of 2 serving of fruit: Assorted fresh, canned fruit and juice And Milk</p>

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6	7	8	9	10
<p><u>Choice of 1 entrée</u> Pizza Asian w/rice Philly Steak Sub Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Green Beans Carrots w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p> <p><u>Breakfast for Lunch Week</u></p>	<p><u>Choice of 1 entrée</u> Spaghetti w/meat sauce w/ Texas Toast Chicken Nuggets w/Waffles Hot Ham & Cheese Sandwich Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Romaine Salad w/Tomato Broccoli Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p>	<p><u>Choice of 1 entrée</u> Mac n Cheese w/Texas Toast Pizza Crunchers Rodeo Burger Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p> <p>Chick Fil a Sliders \$2.25 a la cart</p>	<p><u>Choice of 1 entrée</u> Chicken Tenders w/French Toast Sticks 2 Bosco Sticks BQ Chicken Sandwich Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Hot Veggie Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p>	<p><u>Choice of 1 entrée</u> Nachos Pizza Rippers Sausage, Egg, Cheese Crossant Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Refried Beans Salsa Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>Or</p> <p>And</p> <p>Milk</p>

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<u>13</u>	<u>14</u>	<u>15</u>	<u>16</u>	<u>17</u>
<p>Early Release</p> <p>Breakfast Only</p> <p>No Lunch</p> <p>10:55 am Release</p>	<p><u>Choice of 1 entrée</u> Meatloaf Popcorn Chicken Biscuit w/either Special Cheesy Burger Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Hot Veggie Romaine Salad w/Tomato Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Mashed Potatoes w/gravy</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p>	<p><u>Choice of 1 entrée</u> Pizza Crunchers Corndog Nuggets Rib BQ Sandwich Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p> <p>A la Cart Subway \$2.25 or \$4 for 2</p>	<p><u>Choice of 1 entrée</u> Chicken Parmesan w/Spaghetti Chicken Nuggets Roll w/either Chicken Parmesan Sandwich Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Green Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p>	<p><u>Choice of 1 entrée</u> Nachos Pizza Rippers Burrito w/cheese sauce Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Refried Beans Salsa Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p>

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20	21	22	23	24
<p><u>Choice of 1 entrée</u> Asian Popcorn Chicken Rice w/either Pizza Hut Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Broccoli Carrots w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p>	<p><u>Choice of 1 entrée</u> Mac n Cheese Chicken Nuggets Biscuit w/either Rajun Cajun Sausage Sandwich Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Hot Veggie Romaine Salad w/Tomato Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Mashed Potato w/gravy</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p>	<p><u>Choice of 1 entrée</u> Pizza Crunchers Hot Ham & Cheese Sandwich Bacon Cheeseburger Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Hot Veggie Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p> <p>Chick Fil a Sliders \$2.25 a la cart</p>	<p><u>Choice of 1 entrée</u> Spaghetti w/Meatballs Chicken Tenders Roll w/either Meatball Sub Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Green Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p>	<p><u>Choice of 1 entrée</u> Nachos Pizza Rippers Sandwich Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Refried Beans Salsa Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p> <p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice</p> <p>And</p> <p>Milk</p>

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27	28	29	30	31
<p><u>Choice of 1 entrée</u> Asian Chicken Popcorn Rice w/either Pizza Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Spaghetti w/meat sauce Chicken Nuggets Roll w/either Rib BQ Sandwich Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Corndog Nuggets Pizza Crunchers Hamburger or Cheeseburger Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Mac n Cheese Chicken Tenders Roll w/either Chicken Sandwich Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p>	<p><u>Choice of 1 entrée</u> Nachos Pizza Rippers Burrito w/cheese sauce Entrée Salad Yogurt w/Smuckers & Gold Fish Crackers</p>
<p><u>Choice of 2 servings of vegetables:</u> Broccoli Carrots w/LF Dip Baked French Fries</p>	<p><u>Choice of 2 servings of vegetables:</u> Romaine Salad w/Tomato Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Mash Potato w/gravy</p>	<p><u>Choice of 2 servings of vegetables:</u> Baked Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p>	<p><u>Choice of 2 servings of vegetables:</u> Green Beans Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p>	<p><u>Choice of 2 servings of vegetables:</u> Refried Beans Salsa Tomato &/or Carrots w/LF Dip Celery &/or Cucumber w/LF Dip Baked French Fries</p>
<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p><u>Choice of 2 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>
<p>A la Cart Subway \$2.25 or \$4 for 2</p>				

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