

New Kent Middle School
School Nutrition Division

March

Student \$2.50; Reduced .40c

Meal items subject to availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><u>1</u> Choice of 1 entrée Corndog Nuggets 2 Bosco Sticks Bacon Cheeseburger Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Baked French Fries Baked Beans Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p>Choice of 1 serving of fruit: Assorted Fresh and canned fruit And Milk A la cart Chick fil a Sliders \$2.25</p>	<p><u>2</u> Choice of 1 entrée Asian w/Rice Philly Steak Sandwich Chicken Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Baked French Fries Steamed Broccoli Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p>Choice of 1 serving of fruit: Assorted fresh ,canned fruit and juice And Milk</p>	<p><u>3</u> Choice of 1 entrée Pizza Pizza Crunchers Fish Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Baked French Fries Green Beans Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p>Choice of 1 serving of fruit: Assorted Fresh and canned fruit And Milk</p>
<p><u>6</u> Choice of 1 entrée Chicken Nuggets w/Waffles Corndog Nuggets Yogurt w/Uncrustable & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Baked French Fries Green Beans Carrots w/LF Dip</p> <p>Choice of 1 serving of fruit: Assorted Fresh and canned fruit And Milk Breakfast for Lunch Week</p>	<p><u>7</u> Choice of 1 entrée Pizza Hut Chicken Tenders /French Toast Meatball Sub Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Baked French Fries Romaine Salad w/Tomato Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p>Choice of 1 serving of fruit: Assorted fresh, canned fruit and juice And Milk</p>	<p><u>8</u> Choice of 1 entrée Mac n Cheese w/Bread Stick Egg, Sausage, Cheese Crossant Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Baked French Fries Hot Veggie Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p>Choice of 1 serving of fruit: Assorted Fresh and canned fruit And Milk A la Cart Subway \$2.25 or \$4 for 2</p>	<p><u>9</u> Choice of 1 entrée Loaded Nachos Burrito w/cheese sauce Rib BQ Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Baked French Fries Refried Beans Salsa Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p>Choice of 1 serving of fruit: Assorted fresh ,canned fruit and juice And Milk</p>	<p><u>10</u> Choice of 1 entrée Pizza Breaded Mozzarella Cheese Sticks 6 Pancake Nuggets Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p>Choice of 2 servings of vegetables: Baked French Fries Broccoli w/Cheese Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p>Choice of 1 serving of fruit: Assorted Fresh and canned fruit And Milk</p>

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<p><u>13</u></p> <p>Early Release Breakfast No Lunch to be Served</p>	<p><u>14</u></p> <p><u>Choice of 1 entrée</u> Pizza Rippers Chicken Tenders w/French Toast Spicy Meatball Sub Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Romaine Salad w/Tomato Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p><u>15</u></p> <p><u>Choice of 1 entrée</u> Rodeo Burger Pizza Crunchers Hot Ham and Cheese Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Baked Beans Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted Fresh and canned fruit And Milk A la cart Chick fil a Sliders \$2.25</p>	<p><u>16</u></p> <p><u>Choice of 1 entrée</u> Popcorn Chicken Asian Rice w/either Rajun Cajun Sausage Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Broccoli Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p><u>17</u></p> <p><u>Choice of 1 entrée</u> Pizza Rib BQ Sandwich Fish Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Hot Veggie Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted Fresh and canned fruit And Milk</p>
<p><u>20</u></p> <p><u>Choice of 1 entrée</u> Chicken Nuggets w/waffles 2 Bosco Sticks Pork BQ Sandwich Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Green Beans Carrots w/LF Dip Cole Slaw</p> <p><u>Choice of 1 serving of fruit:</u> Assorted Fresh and canned fruit And Milk</p>	<p><u>21</u></p> <p><u>Choice of 1 entrée</u> Pizza Hut Salisbury Steak w/Roll Rib BQ Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Mashed Potato w/gravy Hot Veggie Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip Romaine Salad w/Tomato</p> <p><u>Choice of 1 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p><u>22</u></p> <p><u>Choice of 1 entrée</u> Corn dog Nuggets Lasagna w/Bread Stick Burrito w/cheese Sauce Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Broccoli Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted Fresh and canned fruit And Milk A la Cart Subway \$2.25 or \$4 for 2</p>	<p><u>23</u></p> <p><u>Choice of 1 entrée</u> Loaded Nachos Taco w/chips Chicken Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Refried Beans Salsa Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted fresh ,canned fruit and juice And Milk</p>	<p><u>24</u></p> <p><u>Choice of 1 entrée</u> Pizza Breaded Mozzarella Cheese Sticks Philly Steak Sub Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Hot Veggie Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted Fresh and canned fruit And Milk</p>

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<p><u>27</u> <u>Choice of 1 entrée</u> Corndog Nuggets Spaghetti w/meat sauce w/Texas Toast Egg, Sausage and Cheese Croissant Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Steam Broccoli</p> <p><u>Choice of 1 serving of fruit:</u> Assorted Fresh and canned fruit And Milk</p>	<p><u>28</u> <u>Choice of 1 entrée</u> Pizza Rippers Chicken Nuggets and Waffles Chicken BQ Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Mash Potato w/gravy Hot Veggie Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p><u>29</u> <u>Choice of 1 entrée</u> Mac n Cheese w/Bread Stick 2 Bosco Sticks Rib BQ Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Baked Beans Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted Fresh and canned fruit And Milk A la cart Chick fil a Sliders \$2.25</p>	<p><u>30</u> <u>Choice of 1 entrée</u> Popcorn Chicken Asian Rice w/either Pizza Burger or Hamburger Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Green Beans Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted fresh, canned fruit and juice And Milk</p>	<p><u>31</u> <u>Choice of 1 entrée</u> Pizza Breaded Mozzarella Cheese Sticks Sandwich Entrée Salad Yogurt w/Uncrustable & Gold Fish Crackers</p> <p><u>Choice of 2 servings of vegetables:</u> Baked French Fries Hot Veggie Carrots w/LF Dip Cucumbers w/LF Dip Cherry Tomato w/LF Dip</p> <p><u>Choice of 1 serving of fruit:</u> Assorted Fresh and canned fruit And Milk</p>

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