

# MARCH

# Middle School

MONDAY - 1	TUESDAY - 2	WEDNESDAY - 3	THURSDAY - 4	FRIDAY - 5
<i>Beef Stroganoff over Noodles</i>	<i>Chicken Strips</i>	<i>Chicken, Cheese and Rice Casserole</i>	<i>Pepperoni Pizza</i>	<i>Smothered Chicken Patty w/Rice</i>
VEGETABLE: Normandy Mixed Vegetables	VEGETABLE: Corn	VEGETABLE: Steamed Broccoli	VEGETABLE: Tossed Salad	VEGETABLE: Broccoli w/Cheese
Tator Tots	Mashed Potatoes w/Gravy	Green Beans	Corn on the Cob	Green Peas
Diced Pineapple	Sliced Pears	Fruit Cocktail	Diced Peaches	Sliced Apples
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
<i>Chicken Burrito</i>	<i>Chicken Fajitas</i>	<i>Twin Beef Tacos</i>	<i>Turkey &amp; Cheese Hoagie</i>	<i>Beef Enchiladas</i>
<i>Hamburger</i>	<i>Country Steak Sandwich</i>	<i>Corn Dog</i>	<i>Chicken Alfredo</i>	<i>Fish Sandwich</i>
<i>Chicken Spaghetti</i>	<i>Spaghetti w/Meat Sauce</i>	<i>Ravioli</i>	<i>Italian Chicken Wrap</i>	
SALAD: Crispy Chicken	SALAD: Chef	SALAD: Grilled Chicken	SALAD: Taco	SALAD: Chef
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<i>Sausage Biscuit</i>	<i>Breakfast Pizza</i>	<i>Waffles 'n' Sausage</i>	<i>Chicken Biscuit</i>	<i>Breakfast Pocket</i>
<i>Banana Nut Muffin</i>	<i>Pig in a Blanket</i>	<i>Yogurt Parfait</i>	<i>Ham &amp; Cheese on a Bun</i>	<i>Blueberry Muffin</i>
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal
Fruit, Juice or Milk	Fruit, Juice or Milk	Fruit, Juice or Milk	Fruit, Juice or Milk	Fruit, Juice or Milk
MONDAY - 8	TUESDAY - 9	WEDNESDAY - 10	THURSDAY - 11	FRIDAY - 12
<i>Oven Fried Chicken</i>	<i>Pepperoni Pizza</i>	<i>Beef 'n' Broccoli</i>	<i>French Bread Pizza</i>	<i>Chicken Fried Rice</i>
VEGETABLE: Mashed Potatoes	VEGETABLE: Tossed Salad	VEGETABLE: Tossed Salad	VEGETABLE: Steamed Broccoli	VEGETABLE: Mixed Vegetables
Corn on the Cob	Italian Beans	Spanish Rice	Green Peas	Ranch Style Beans
Diced Pineapple	Sliced Pears	Fruit Cocktail	Diced Peaches	Cinnamon Applesauce
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
<i>Cheese Quesadilla</i>	<i>Taco Soup</i>	<i>Crispitos</i>	<i>Chicken Fajitas</i>	<i>Chicken Burrito</i>
<i>BBO Beef Sandwich</i>	<i>Italian Hoagie</i>	<i>Hot Ham &amp; Cheese Hoagie</i>	<i>Country Steak Sandwich</i>	<i>Hamburger</i>
<i>Chicken Alfredo</i>	<i>Teriyaki Chicken</i>	<i>Spaghetti w/Meat Sauce</i>	<i>Lasagna w/Garlic Bread</i>	<i>Fish Sticks</i>
SALAD: Crispy Chicken	SALAD: Chef	SALAD: Grilled Chicken	SALAD: Taco	SALAD: Chef
				<i>Holiday Ice Cream</i>
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<i>Donut Holes</i>	<i>Breakfast Burrito</i>	<i>Scrambled Eggs &amp; Ham</i>	<i>Breakfast Tacos</i>	<i>Breakfast Pocket</i>
<i>Banana Nut Muffin</i>	<i>French Toast Sticks</i>	<i>Blueberry Muffin</i>	<i>Poppart</i>	<i>Frittata</i>
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal
Fruit, Juice or Milk	Fruit, Juice or Milk	Fruit, Juice or Milk	Fruit, Juice or Milk	Fruit, Juice or Milk
MONDAY - 15	TUESDAY - 16	WEDNESDAY - 17	THURSDAY - 18	FRIDAY - 19
<i>Spring Break</i>	<i>Spring Break</i>	<i>Spring Break</i>	<i>Spring Break</i>	<i>Spring Break</i>
No School	No School	No School	No School	No School
		St. Patrick's Day		
MONDAY - 22	TUESDAY - 23	WEDNESDAY - 24	THURSDAY - 25	FRIDAY - 26
<i>BBO Chicken</i>	<i>Chicken Strips</i>	<i>Open Faced Turkey Sandwich w/Gravy</i>	<i>Pepperoni Pizza</i>	<i>Salisbury Steak</i>
VEGETABLE: Normandy Mixed Vegetables	VEGETABLE: Mashed Potatoes w/Gravy	VEGETABLE: Broccoli & Cheese	VEGETABLE: Tossed Salad	VEGETABLE: Glazed Carrots
Tator Tots	Ranch Style Beans	Green Beans	Corn on the Cob	Mashed Potatoes w/Gravy
Sliced Apples	Fruit Cocktail	Apricots	Rosy Applesauce	Sliced Peaches
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit
<i>Chicken Burrito</i>	<i>Chicken Fajitas</i>	<i>Twin Beef Tacos</i>	<i>Taco Soup</i>	<i>Cheese Enchiladas</i>
<i>Hamburger</i>	<i>Country Steak Sandwich</i>	<i>Corn Dog</i>	<i>Turkey &amp; Cheese Hoagie</i>	<i>Fish Fillets</i>
<i>Chicken Spaghetti</i>	<i>Spaghetti w/Meat Sauce</i>	<i>Chicken Alfredo</i>	<i>Ravioli</i>	<i>Italian Chicken Wrap</i>
SALAD: Crispy Chicken	SALAD: Chef	SALAD: Grilled Chicken	SALAD: Taco	SALAD: Chef
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
<i>Donut Holes</i>	<i>Scrambled Eggs &amp; Ham</i>	<i>Sausage Biscuit</i>	<i>Breakfast Tacos</i>	<i>French Toast Sticks</i>
<i>Chicken Biscuit</i>	<i>Poppart</i>	<i>Banana Nut Muffin</i>	<i>Donuts</i>	<i>Blueberry Muffin</i>
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal
Fruit, Juice or Milk	Fruit, Juice or Milk	Fruit, Juice or Milk	Fruit, Juice or Milk	Fruit, Juice or Milk
MONDAY - 29	TUESDAY - 30	WEDNESDAY - 31		
<i>Beef Stroganoff over Noodles</i>	<i>Chicken Strips</i>	<i>Chicken, Cheese and Rice Casserole</i>		
VEGETABLE: Normandy Mixed Vegetables	VEGETABLE: Corn	VEGETABLE: Steamed Broccoli		
Tator Tots	Mashed Potatoes w/Gravy	Green Beans		
Diced Pineapple	Sliced Pears	Fruit Cocktail		
Assorted Fresh Fruit	Assorted Fresh Fruit	Assorted Fresh Fruit		
<i>Chicken Burrito</i>	<i>Chicken Fajitas</i>	<i>Twin Beef Tacos</i>		
<i>Hamburger</i>	<i>Country Steak Sandwich</i>	<i>Corn Dog</i>		
<i>Chicken Spaghetti</i>	<i>Spaghetti w/Meat Sauce</i>	<i>Ravioli</i>		
SALAD: Crispy Chicken	SALAD: Chef	SALAD: Grilled Chicken		
BREAKFAST	BREAKFAST	BREAKFAST		
<i>Donut Holes</i>	<i>Scrambled Eggs &amp; Ham</i>	<i>Sausage Biscuit</i>		
<i>Waffles 'n' Sausage</i>	<i>Banana Nut Muffin</i>	<i>Yogurt Parfait</i>		
Assorted Low Sugar Cereal	Assorted Low Sugar Cereal	Assorted Low Sugar Cereal		
Fruit, Juice or Milk	Fruit, Juice or Milk	Fruit, Juice or Milk		

West ISD Food Services 801 N. Reagan St. West, TX 76691 (254)826-7504

Sweet Treats:

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Ice Cream Sandwich .75  
Fudgesicle .75  
Fruit Pop .75  
Slushie .75  
Sundae Cone 1.25  
Bananasicle .75  
Snickers Ice Cream Bar 1.25

Juice, \*1% white, 1% chocolate & skim milk will be offered during meal service  
Fruit and toast will be offered with Breakfast. Additional fruit, vegetables and bread will be offered with Lunch.

Paid Breakfast \$1.25 Reduced Breakfast \$.30 Adult Breakfast \$1.50  
Paid Lunch \$2.25, Reduced Lunch \$.40, Adult Lunch \$3.00