

Items Offered Daily

100 % Fruit Juice

Assorted Grinders & Sandwiches

Salad Bar Monday through Thursday



The Morgan School

Lunch Menu

Month: MARCH 2010



Milk Served With Lunch

Menu Subjected To Change Without Notice

Monday		Tuesday		Wednesday		Thursday		Friday	
1	French Bread Pizza French Bread Pizza Garden Salad with Lite Italian Dressing Juice Cup Peach Cup	2	Steakum Grilled Steakum on Whole Grain Wheat Bun Baked Ovation Fries Corn Orange Wedges Pear Cup	3	Pasta and Sauce Rotini with Sauce Tossed Salad with Lite Italian Dressing Grated Cheese, Garlic Bread Juice Cup Pineapple Cup	4	Hamburger Baked Lean Beef Patty on Whole Grain Wheat Bun Baked Seasoned Curley Fries Mixed Vegetables Apple Wedges Tropical Fruit Cup	5	Soup and Sandwich Clam Chowder, Tomato, and Vegetable Soup Ham and Cheese Sandwich or Tuna Salad Sandwich Pickle Cup Pears and Peaches Cup
8	McMorgan Baked Breaded Chicken Patty with Lettuce on Whole Grain Wheat Bun, Mozzarella Sticks with Marinara Sauce Garden Salad with Lite Ranch Dressing Pear Cup	9	BBQ Pork Rib Baked Pork Rib with BBQ Sauce on Whole Grain Wheat Bun Smile Potatoes Corn Orange Wedges Apricot Cup	10	Taco Seasoned Beef on Taco Boat Lettuce and Tomato Cup Salsa Cup Green Beans Shredded Cheese Cup Apple Wedges Fruit Cocktail	11	Parmesan Chicken Sliders Baked Chicken Patties with Sauce and Grated Mozzarella Cheese on Bun Baked Hash Brown Potatoes Spinach Salad with Lite Ranch Dressing Peach Cup	12	Clam Roll Baked Breaded Clam Strips on Whole Grain Wheat Bun Tartar Sauce Scalloped Potatoes Tossed Garden Salad with Lite French Dressing Applesauce Cup
15	Meatball Grinder Baked Meatballs with Sauce on Grinder Roll Grated Cheese Tossed Salad with Lite Italian Dressing Orange Wedges Peach Cup	16	Quesadilla Baked Chicken and Salsa or Pizza Quesadilla Spinach Salad with Lite Ranch Dressing Salsa Cup Pears and Pineapple Cup	17	 1/2 Day Parent Conferences No Breakfast or Lunch Will Be Served	18	Chicken Nuggets Baked Chicken Nuggets with Assorted Sauces Corn Dinner Roll (Whole Wheat Grain) Orange Wedges Strawberry Cup	19	Soup and Grilled Cheese Clam Chowder, Tomato, and Chicken Noodle Soup Grilled Cheese Sandwich Cottage Cheese Cup Juice Cup Pineapple Cup
22	Beef Sliders Baked Beef Patties on Buns Baked Seasoned Curley Fries Green Beans Juice Cup Applesauce Cup	23	Burrito Seasoned Beef on Tortilla Shell Lettuce and Tomato Cup Shredded Cheddar Cheese Cup Salsa Cup Mixed Vegetables Orange Wedges Apricot Cup	24	Calzone Homemade Calzones Baked with Our Special Sauce Garden Salad with Lite Italian Dressing Whole Grain Wheat Breadstick Grated Cheese Peaches and Cream	25	1/2 Day Professional Day No Breakfast or Lunch Will Be Served	26	Fish Sliders Baked Fish Squares on Buns Baked Macaroni Tossed Salad with Lite Buttermilk Ranch Dressing Juice Cup Mandarin Orange Cup
29	Morgan Manwich Seasoned Lean Ground Beef on Whole Grain Wheat Bun Peas Carrots and Celery Sticks with Lite Ranch Dipping Sauce Orange Wedges Strawberry Cup	30	Pasta and Meatballs Rotini and Meatballs with Sauce Tossed Salad with Lite Italian Dressing Whole Grain Wheat Breadstick Grated Cheese Juice Cup Fruit Medley Cup	31	Taco Macaroni Seasoned Beef and Pasta Grated Cheese Tossed Garden Salad with Lite Italian Dressing Texas Garlic Bread Juice Cup Applesauce Cup				