

March 2020 Berlin Middle/High School

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 2 | 3 | 4 | 5 | 6 |
| Breakfast | | | | |
| Muffin | Sausage and Pancake Stick | Glazed Donut | Crescent | Early Riser |
| Lunch Salad Entrées: Rotini & Veggie Salad or Garden Salad with Cheese Sandwich Entrées: **New BLT Lunch Box or Ham & Cheese on a Bulkie | | | | |
| Hot Dog in a Bun or Spicy Chickenburger Fries, Cole Slaw Veggie Beans | Spaghetti & Meatballs Garlic Toast or Cheese Bites Garden Salad | Early Release Day French Bread Pizza Broccoli & Carrots | Chicken Fingers Mashed Potatoes Warm Dinner Roll Green Beans | Grilled Cheese 4 oz. Yogurt or Mountaineer Melt Corn Chowder or Chicken Noodle Soup Veggie Boats |
| 9 | 10 | 11 | 12 | 13 |
| Breakfast | | | | |
| Frudel | Donut Holes | Bagel & Cr. Ch. | Mini Waffles | Tornados |
| Lunch Salad Entrées: Fiery Chicken Salad or Chicken Caesar Salad Sandwich Entrées: **New! Turkey, Lettuce & Cheese Lunch Box or Spicy Italian Sandwich | | | | |
| Cheeseburger or Chicken Burger Fries Lettuce & Tomato | Baked Lasagna Garlic Toast or Chicken Taco Wrap Garden Salad | Chicken Nuggets Mashed Potatoes or Fried Rice Warm Dinner Roll Green Beans | French Toast Sticks Sausage Links Potato Puffs Fruit & Juice | Homemade Pizza or Bosco Sticks Pasta Salad Carrots & Celery |
| 16 | 17 | 18 | 19 | 20 |
| Breakfast | | | | |
| Mini Cinnis | Sausage and Pancake Stick | Mini Pizza Bagels | Donut | Early Riser |
| Lunch Salad Entrées: Antipasto Salad or Garden Salad with Cheese Sandwich Entrées: **New Ham & Cheese Lunch Box or Egg Salad Sub | | | | |
| General TSO'S Chicken & Rice Oriental Seasoned Vegetables Fortune Cookie | Taco Salad or Cheese Quesadilla Lettuce & Tomato Corn, Salsa Black Beans | Basket Boneless Wings Spicy Wedges Cheese Suffed Pretzel Carrots & Cukes | Pork & Gravy Warm Dinner Roll Mashed Potatoes Green Beans | Pizza Sticks With Sauce or Soft Pretzels With Cheese Sauce Caesar Salad |
| 23 | 24 | 25 | 26 | 27 |
| Breakfast | | | | |
| Frudel | Donut Holes | Early Riser | Tornados | Mini Pancakes |
| Lunch Salad Entrées: Chef Salad or Chicken Caesar Salad Sandwich Entrées: **New! Bologna & Cheese Lunch Box or Tuna Salad & Lettuce Sub | | | | |
| Chicken Burger or Cheeseburger Fries Lettuce & Tomato Veggie Beans | Chicken Parmesan on Spaghetti Garlic Toast or Mike's Cheese Bites Garden Salad | Italian Sandwich (with Black Forest Ham) or Meatball Sub RF Kettle Chips Carrots & Peppers | Appetizer Basket Chicken Fingers Mozzarella Sticks Spicy Wedges Broccoli & Cucumber | Homemade Pizza or Fiery Chicken Wrap Pasta Salad with Veggies |
| 30 | 31 | 1 | 2 | 3 |
| Breakfast | | | | |
| Muffin | Bagel & Cream Ch. | Glazed Donut | Mini Pizza Bagels | Sausage and Pancake Stick |
| Lunch Salad Entrées: Rotini & Veggie Salad or Garden Salad with Cheese Sandwich Entrées: **New BLT Lunch Box or Ham & Cheese on a Bulkie | | | | |
| Appetizer Basket Breaded Mini Cheese Ravioli Mikes Bites Marinara Sauce Veggie Boats | American Chop Suey Garlic Toast or Bosco Sticks Caesar Salad | Chicken Nuggets Warm Dinner Roll Mash Potatoes or Fried Rice Green Beans Baked Beans | Oven Roasted Turkey & Gravy Mashed Potatoes Warm Dinner Roll Sliced Carrots | Grilled Cheese 4 oz. Yogurt or Mountaineer Melt Fries Veggie Boats |



Meal Prices

Reduced Breakfast is Free
Paid Breakfast \$1.80
Adult Breakfast \$2.25

Reduced Student Lunch \$.40
Paid Lunch Grades K-5 \$2.80
Paid Lunch Grades 6-12 \$3.00
Adult Lunches \$3.75



All Meals Include

Your Choice of Fruit or Juice
&
Low Fat
or
Fat Free Flavored Milk

**PBJ & PBF Lunch Boxes
Offered Daily**

Alternate Breakfast Options

Choose from a variety of
Whole Grain
&
Protien Packed
Breakfast items
All Breakfasts Must Include a
Whole Grain Item and a Serving of
Fruit or 100% Fruit Juice