

Menus for **March 2020**

**Nashua
High School
South**



This institution is an equal opportunity provider.

Available Daily

Deli Line

Sandwiches ~ Panini's

Made to Order

We offer Daily choice of Turkey, Buffalo

Chicken, Roast Beef, Ham,

Chicken, Egg and Tuna Salad

Choice of Toppings & Breads

Variety of pre-made Salads

Full make and Take Salad Bar

Pizza Line w/assorted toppings

Choice of Fruit, Juice and Milk

Breakfast Served Daily

7:00-7:20

Featured Specials of the Day

Monday, March 2

Pasta W/ Sauce and Meatballs

Hot Veg. Choice, Garden Salad

Subline: Meatball Sub

Tuesday, March 3

BBQ Pulled Pork Nachos or on a

Kaiser Roll, Cole Slaw

Baked Oven Fries, 3-Bean Salad

Subline: Spicy Chicken Finger Sub

Wednesday, March 4

Chicken Patty on a w/g Bun

Baked Oven Fries OR

Chicken Parm. w/Pasta, Dinner Roll

Green Beans, Garden Salad,

Subline: Teriyaki Chicken Sub

Thursday, March 5

Cheeseburger on w/g Bun OR

Chicken Tenders, Baked Oven fries or

Onion Rings, Pasta Salad, Garden Salad

Subline: Chicken Tender Sub

Friday, March 6

Asian Orange Chicken,

Veg. Lo Mein

OR

Cook's Choice

Homemade Soup Du Jour

Subline: Chicken Nugget Sub

Featured Specials of the Day

Monday, March 9

Panther Bowl (Popcorn Chix,

Mashed Potato, Corn, Gravy)

Subline: Popcorn Chicken Sub

Tuesday, March 10

Turkey Taco Meat on Taco Shell

Refried Beans, Oven Fries, Corn

Subline: Fiery Chicken Finger Sub

Wednesday, March 11

Chicken Patty on a w/g Bun

Baked Oven Fries OR

Chicken Parm. w/Pasta, Dinner Roll

Green Beans, Garden Salad,

Subline: Teriyaki Chicken Sub

Thursday, March 12

Cheeseburger on w/g Bun OR

Chicken Tenders, Baked Oven fries or

Onion Rings, Pasta Salad, Garden Salad

Subline: Chicken tender sub

Friday, March 13

Oven Fried Chicken Drumstick

OR Chef's Choice

Homemade Soup Du Jour

Subline: Chicken Nugget Sub

Menu is subject to change!

Featured Specials of the Day

Monday, March 16

Panther Bowls (Popcorn Chicken,
Mashed Potato, Corn, Gravy)

Subline: Popcorn Chicken Sub

Tuesday, 17

BBQ Pulled Pork Nachos or on a
Kaiser Roll, Baked Oven Fries
Cole Slaw or 3-Bean Salad

Subline : Spicy Chicken Finger Sub

St. Pat's Day Ice Cream Treat

Wednesday, March 18

Chicken Patty on a w/g Bun
Baked Oven Fries OR

Chicken Parm. w/Pasta , Dinner Roll
Green Beans, Garden Salad,

Subline: Teriyaki Chicken Sub

Thursday, March 19

Cheeseburger on w/g Bun OR
Chicken Tenders, Baked Oven fries or
Onion Rings, Pasta Salad, Garden Salad

Choice of Fruit and Milk

Subline: Chicken tender sub

Friday, March 20

Asian Orange Chicken,
Veg. Lo Mein

OR

Chef's Choice

Homemade Soup Du Jour

Subline: Chicken Nugget Sub

Featured Specials of the Day

Monday, March 23

Panther Bowl (Popcorn Chicken
Mashed Potato, Corn, Gravy)

Subline: Popcorn Chicken Sub

Tuesday, March 24

Beef Nachos or Tacos

On a Hard Shell , Refried Beans

Baked Oven Fries,
Salsa, Sour Cream

Subline : Spicy Chicken Finger Sub

Wednesday, March 25

Early Release

Grab and Go Lunch

Pizza and Assorted Sandwiches

Thursday, March 26

Cheeseburger on w/g Bun OR

Chicken Tenders, Baked Oven fries or
Onion Rings, Pasta Salad, Garden Salad

Subline: Chicken tender sub

Friday, March 27

Oven Fried Chicken Drumstick
OR

Chef's Choice

Homemade Soup Du Jour

Subline : Chicken Nugget Sub

Monday March 30

Panther Bowl (Popcorn, Chicken,
Mashed Potato, Corn, Gravy)

Subline: Popcorn Chicken Gravy

PLEASE SEE REVERSE
SIDE FOR ITEMS
AVAILABLE EVERY DAY

Featured Specials of the Day

Tuesday, March 31

BBQ Pulled Pork Nachos or on a
Kaiser Roll, Baked Oven Fries

Cole Slaw or 3-Bean Salad

Subline : Spicy Chicken Finger Sub

Wednesday April 01

Chicken Patty on w/g Roll , Baked
Oven Fries or Chicken Parm. w/ Pasta

Subline : Teriyaki Chicken Sub

Thursday April 02

Cheeseburger on w/g Bun or
Chicken Tenders, Baked Oven Fries

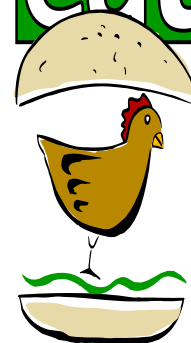
Subline Chicken Tender Sub

Friday April 03

Chef's Choice

Homemade Soup Du Jour

eatfit wanna stay fit?
gotta eat right!



item: fast food chicken sandwich
verdict: don't chuck the cluck,
just eschew the goo

tip: Two problems with the standard bird-on-a-bun at the local fast food joint: it's deep fried and it's oozing with special sauce, mayo, cheese-like substance, or some other goo. Two solutions: choose a broiled or grilled bird and, to get all the way down to 300 calories and 3.5g of fat, hold the automatic mayo or sauce (try mustard instead). And while you're at it, ask the kid behind the counter to define the word "eschew."



Based on a deluxe chicken sandwich at a major chain.