

Menus for March 2020

Fairgrounds
Middle
Schools



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
Choice of Breads: Flatbread, Wraps, Rolls,
Sandwich Bread
Variety of pre-made Salads
Full make and Take Salad Bar
Pizza Line
Breakfast Served Daily
7:00-7:20



Featured Specials of the Day

Monday, March 2

Mozzarella Cheese Sticks w/Dipping Sauce,
Steamed Broccoli, Garden Salad,
Veggie Pack , Choice of Fruit & Milk

Tuesday, March 3

Crispy or Spicy Chicken Patty on w/g Bun,
Baked Onion Rings, Garden Salad,
Veggie Pack, Choice of Fruit, Milk & Juice

Wednesday, March 4

All American Cheeseburger or Hamburger on
w/g Bun, Oven Baked Fries, Garden Salad,
Veggie Pack, Choice of Fruit & Milk

Thursday, March 5

Nacho seasoned Pulled Pork, Lett/tom,
cheese, Refried beans, corn, Salsa
Garden salad, veggie Pack,
Choice of Fruit, Milk & Juice

Friday, March 6

Cook's Choice
Garden Salad, Veggie Pack,
Fruit & Milk

Featured Specials of the Day

Monday, March 7

Wild Mike's Cheese Bites, w/Dipping Sauce,
Green Beans, Garden Salad, Veggie Pack,
Choice of Fruit & Milk

Tuesday, March 8

Taco Flavor Cheese Mac or Seasoned Pasta
w/mozz cheese, Cheezy Breadstick,
Steamed Broccoli, Garden Salad,
Veggie Pack Choice of Fruit , Milk & Juice

Wednesday, March 9

Fish Stick, Oven Baked Waffle Fries, Cole Slaw,
Green Bean, Garden Salad, Veggie Pack,
Choice of Fruit & Milk Fresh Baked Cookie

Thursday, March 10

Egg sausage & Cheese on a Croissant
Hash Brown, Garden Salad,
Veggie Pack Choice of Fruit, Milk & Juice

Friday, March 11

Cook's Choice
Garden Salad, Veggie Pack,
Fruit & Milk

Featured Specials of the Day

Monday, March 16

Chicken Tenders Seasoned Rice,
Steamed Broccoli, Garden Salad,
Veggie Pack Choice of Fruit & Milk

Tuesday, 17

Egg Ham & Cheese on a croissant.
Tater Tots, Garden Salad, Veggie Pack
Choice of Fruit, Milk & Juice
Ice Cream Treat

Wednesday, March 18

Riblet on w/g Roll, Baked Beans,
Oven Baked Fries, Green Bean, Garden Salad,
Veggie Pack, Choice of Fruit & Milk

Thursday, March 19

All American Cheeseburger or Hamburger on
w/g Bun, Oven Baked Fries, Garden Salad,
Veggie Pack, Choice of Fruit, Milk & Juice

Friday, March 20

Chef's Choice
Garden Salad, Veggie Pack,
Choice of Fruit & Milk

Featured Specials of the Day

Monday, March 23

Seasoned Pasta w/Meat sauce, or
Chicken Alfredo sauce,
Texas Toast, Steamed Broccoli, Garden Salad,
Veggie Pack Choice of Fruit & Milk

Tuesday, March 24

Breakfast for Lunch ~ French Toast Sticks
w/ Syrup & Sausage patty, Tater Tots
Garden salad, Veggie Pack
Choice of Fruit, Milk & Juice

Wednesday, March 25

Chicken Patty on w/g Bun ~ Crispy or Spicy,
Baked Spicy Wedge Fries, Garden Salad,
Veggie Pack, Choice of Fruit & Milk

Thursday, March 26

Nacho seasoned Pulled Pork, Lett/tom,
cheese, Refried beans, corn, Salsa
Garden salad, veggie Pack,
Choice of Fruit, Milk & Juice

Friday, March 27

Chef's Choice
Garden Salad, Veggie Pack,
Choice of Fruit & Milk

PLEASE SEE REVERSE
SIDE FOR ITEMS
AVAILABLE EVERY DAY

Featured Specials of the Day

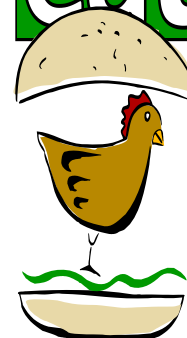
Monday, March 30

Wild Mike's Cheese Bites, w/Dipping Sauce,
Green Beans, Garden Salad, Veggie Pack,
Choice of Fruit & Milk

Tuesday, March 31

All American Cheeseburger or Hamburger on
w/g Bun, Oven Baked Fries, Garden Salad,
Veggie Pack, Choice of Fruit, Milk & Juice

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."

