



# New Heights School

## March 2022 Lunch Menu



Menu Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>3/1</b> Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce Shredded Mozzarella Green Beans Fresh Banana	<b>3/2</b> Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Strawberry Cup Sweet & Sour PC	<b>3/3</b> BBQ Chicken Sandwich Corn Fresh Orange	<b>3/4</b> PIZZA Fresh Carrots Fresh Apple
<b>3/7</b>	<b>3/8</b>	<b>3/9</b>	<b>3/10</b>	<b>3/11</b>
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
<b>3/14</b>	<b>3/15</b>	<b>3/16</b>	<b>3/17</b>	<b>3/18</b>
Pizza Chicken Burger on WG Bun Corn Niblets Fresh Apple	French Toast & Turkey Sausage Fresh Carrots Fresh Cucumber coins Strawberry Cup Syrup PC	Beef Cheeseburger on WG Bun Veg Baked Beans Applesauce Cup Ketchup PC	Chicken Marinara w/ Mozzarella Cheese WG Teabiscuit Brown Rice Fresh Broccoli Fresh Orange	PIZZA Fresh Carrots Fresh Celery Sticks Fresh Apple
<b>3/21</b>	<b>3/22</b>	<b>3/23</b>	<b>3/24</b>	<b>3/25</b>
Mac & Cheese WG Teabiscuit Mixed Vegetables Applesauce Cup	BBQ Drumstick Veg. Brown Rice WG Teabiscuit Fresh Carrots Fresh Banana	Beef Hot Dog on WG Hot Dog Bun Baked beans Ketchup PC	Softshell Beef Taco Black Beans WG 8" Tortilla Shredded Cheese & Lettuce Salsa Fresh Apple	PIZZA Fresh Broccoli Fresh Orange Fresh Cucumber coins
<b>3/28</b>	<b>3/29</b>	<b>3/30</b>	<b>3/31</b>	
Beef Hot Dog on WG Hot Dog Bun Veg. Baked Beans Strawberry Applesauce Cup Ketchup PC	Chicken Parmesan Sandwich WG Hamburger Bun Marinara Sauce Shredded Mozzarella Green Beans Fresh Banana	Sweet & Sour Chicken Veg Brown Rice Fresh Broccoli Strawberry Cup Sweet & Sour PC	BBQ Chicken Sandwich Corn Fresh Orange	Lancer Dining Services does not use peanuts, pork, tree nut or shellfish ingredients. All items are baked or steamed, mindfully made with fresh or frozen vegetables (never canned!), 100% whole grains and a variety of lean meats using heart-healthy oils and low-salt seasonings.

MILK VARIETY SERVED AT EVERY MEAL, FAT FREE SKIM, 1%, OR FAT FREE FLAVORED. ALL BREADS SERVED ARE WHOLE GRAIN.

This institution is an equal opportunity provider.