





Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Chicken Nuggets or or Cheese Hoagie (V)</b> Cook's Treat <u>Milk Choices</u> *5 Star Salad Bar *	<b>Pizza Tuesday</b> <b>Pepperoni (P) or Cheese Pizza (V) or Bagel &amp; Cream Cheese</b> Fruit Snack <u>Milk</u> *5 Star Salad Bar *	<b>Chicken Burger or Cheese Hoagie (V)</b> Butter Noodles <u>Milk Choices</u> *5 Star Salad Bar *	<b>Caesar Chicken Salad or Bagel &amp; Cream Cheese</b> Fruit Whip, Breadstick <u>Milk Choices</u> *5 Star Salad Bar *	<b>Fishwich or Cheese Hoagie (V)</b> Oven Potatoes <u>Milk Choices</u> *5 Star Salad Bar *
 <b>Chicken Nuggets or or Cheese Hoagie (V)</b> Cook's Treat <u>Milk Choices</u> *5 Star Salad Bar *	<b>Pizza Tuesday</b> <b>Pepperoni (P) or Cheese Pizza (V) or Bagel &amp; Cream Cheese</b> Fruit Snack <u>Milk</u> *5 Star Salad Bar *	<b>Asian Chicken Salad or Cheese Hoagie (V)</b> Cook's Treat <u>Milk Choices</u> *5 Star Salad Bar *	<b>Hot Dog on a Bun Bagel &amp; Cream Cheese</b> Potato Wedges <u>Milk Choices</u> *5 Star Salad Bar *	<b>Pizza Friday</b> <b>Cheese Pizza (V) or Cheese Hoagie (V)</b> Icee Juice <u>Milk</u> Salad Bar
 <b>Chicken Nuggets or or Cheese Hoagie (V)</b> Cook's Treat <u>Milk Choices</u> *5 Star Salad Bar *	<b>Pizza Tuesday</b> <b>Pepperoni (P) or Cheese Pizza (V) or Bagel &amp; Cream Cheese</b> Fruit Snack <u>Milk</u> *5 Star Salad Bar *	St. Patrick's Day <b>Whole Grain Corn Dog or Cheese Hoagie (V)</b> Green Pears, St. Patrick's Day Treat <u>Milk Choices</u> *5 Star Salad Bar * 	<b>Mexican Thursday</b> <b>Bean &amp; Cheese Burrito or Turkey &amp; Cheese Hoagie</b> Spanish Rice <u>Milk Choices</u> *5 Star Salad Bar *	<b>Archdiocesan In-Service NO SCHOOL</b>

Our Salad Bars are loaded with fresh fruit(including farm fresh apple slices), canned fruit, fresh vegetables(including organic carrots), green salad with spinach, and a variety of condiments.

Many ingredients will vary from day-to-day. We will continue to strive to buy organic and local.

**Meal Prices: Lunch \$3.25.** All meals include milk (1% white or Non-Fat Chocolate)

**Lunch Ticket Booklets-20 tickets for \$65**

**Milk Ticket Booklets-20 tickets for \$5.00**

*Your comments are appreciated!*

*Please contact Katie Watland @ [katie\\_watland@msd.wednet.edu](mailto:katie_watland@msd.wednet.edu)*

**SMOOTHIE DAYS**




**March 10 & 24**

**\$2.00**

**Not part of lunch**

▲ = Balanced Choices Meal

**This Institution is an Equal Opportunity Provider.**

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 <b>Chicken Nuggets or or Cheese Hoagie (V)</b> Cook's Treat <u>Milk Choices</u> *5 Star Salad Bar *	<b>Pizza Tuesday</b> Pepperoni (P) or Cheese Pizza (V) or Bagel & Cream Cheese Fruit Snack <u>Milk</u> *5 Star Salad Bar *	<b>WOK This Way</b> Egg Roll or Bagel & Cream Cheese Fluffy Rice <u>Milk Choices</u> *5 Star Salad Bar *	<b>Hunger-Awareness Lunch</b>	Teacher Lenten Retreat- <b>NO SCHOOL</b>
 <b>Chicken Nuggets or or Cheese Hoagie (V)</b> Cook's Treat <u>Milk Choices</u> *5 Star Salad Bar *	<b>Pizza Tuesday</b> Pepperoni (P) or Cheese Pizza (V) or Bagel & Cream Cheese Fruit Snack <u>Milk</u> *5 Star Salad Bar *	<b>Cheesy Breadsticks w/Marinara Sauce (V) or Turkey &amp; Cheese Hoagie</b> Green Beans <u>Milk Choices</u> *5 Star Salad Bar *	 <b>Chartwells</b> Eat · Learn · Live	

## Breakfast

### CODED MESSAGE

Each image below represents a letter. Fill in the letters to find out the message about the benefits of breakfast.



= Y



= E



= G



= R



= N

▲ = Balanced Choices Meal



\_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_    \_\_\_\_\_  
 benane    milk    banane    yogurt    cherries    toast

CLUE: What does food give you to keep you going throughout the day?

