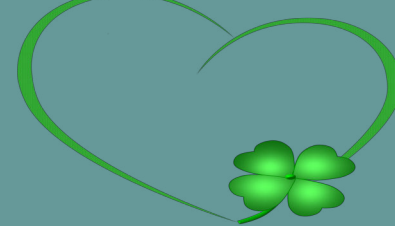




March 2023  
 Jac-Cen-Del High School  
 Lunch Menu



**Breakfast**  
 7:30-8:00a.m.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<p><b>Monday</b>          Pancakes/sausage or Egg &amp; Cheese &amp; Burrito Wrap  <b>Tuesday</b>          Egg with Toast  <b>Wednesday</b>          Banana Split or Muffin</p>	<p><b>1% white milk and Fat Free Chocolate. Chef Salads, Sandwiches and Fruit &amp; Yogurt Parfaits offered Daily</b></p>	<p><b>Menu Subject to Change</b>  <b>Luck of the Irish</b></p> 	<p>1 Turkey Manhattan or Country Fried Steak          Mashed Potatoes          Roll w Jelly          Corn          Veggies          Orange Slices</p>	<p>2 BBQ Pork or Meat Ball Sub on Bun          Shredded Cheese          Marinara Sauce          Slaw          Baked Chips          Fresh Veggies &amp; Pears</p>	<p>3 Baked Ravioli or Baked Spaghetti          Cheese Garlic Bread          Salad          Fresh Veggies          Pineapple/Mandarin          Oranges</p>
<p><b>Thursday</b>          Biscuit and Sausage Gravy  <b>Friday</b>          Biscuit w Egg, Cheese &amp; Ham or Donut</p>	<p>6 Bacon Cheeseburger on Bun or Corn Dog          Baked Fries          Green Beans          Veggie Sticks          Pears          Pudding</p>	<p>7 Breaded Chicken Patty on Bun or Chicken Strips w Roll          Mashed Potatoes w Gravy          Seasoned Carrots          Fresh Veggies          Fruit Cup</p>	<p>8 Walking Taco or Soft Shell Taco          Refried Beans, Salsa, Cheese, Shredded Lettuce          Corn          Applesauce          Fruited Jell-O</p>	<p>9 Choice of Pizza          Baked Beans          Salad          Fresh Veggie          Peaches          Donut</p>	<p>10 Tenderloin on Bun or Grilled Cheese          Baked Chips          Hot Vegetable          Applesauce Cup          Cookie</p>

March 13-24th

**SPRING BREAK!**

**Grab and Go:**  
 Hamburger / Cheese / Bun  
 Chef Salad with Chicken  
 Yogurt Parfait  
 Lunchmeat Sandwich

27 Hamburger or Hot Dog on Bun  
 Baked Fries  
 Broccoli w Cheese  
 Fresh Veggies  
 Fruit and Cookie

28 Buffalo Chicken Pop-pers w Celery or Chicken Tenders  
 Roll w Jelly  
 Salad Bar  
 Fresh Veggie & Pears

29 Beef & Cheese Burrito w Rice or Grilled Chicken  
 Filet on WG Bun  
 Baked Tostadas Chips w Salsa, Applesauce & Fruit  
 WG Cookie

30 Spaghetti w Meat Sauce or Chicken Alfredo  
 Breadstick with Dip  
 Glazed Carrots  
 Salad w Tomato  
 Fruit

31 Bosco Stick or Baked Cheese Sticks w Marinara Sauce  
 Mixed Salad  
 Fresh Veggies  
 Mixed Fruit

