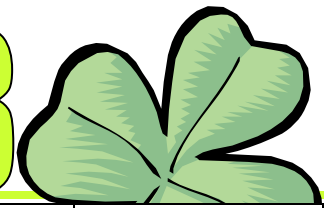



Ashland Middle/John Muir School Menu **March 2018**



Monday Chocolate Milk	Tuesday	Wednesday Chocolate Milk	Thursday	Friday Chocolate Milk	
26 Breakfast * Pancake Sausage Wrap * Poptart w/ Cheesestick ◊ Lunch * Cheeseburger w/Fries * Pizza ◊	27 Breakfast * Breakfast Tornado * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Rippers W/Veggies ◊	28 No School	1 No School	2 No School	<p>Breakfast includes Milk and fruit. Cold cereal is offered daily as a second option. \$1.50</p> <p>Lunch Includes Bottomless Offering Bar and Milk. \$2.75</p> <p>Extra white milk may be purchased. \$.50</p>  <p>Unlimited fruits and vegetables with every meal purchased!!</p> <p><i>Fresh, local options available, check in and see what's on the tray today!</i></p>
5 Breakfast * Pancake Sausage Wrap * Egg & Cheese Scramble w/ Tots ◊ Lunch * Cheeseburger w/Fries * Pizza ◊	6 Breakfast * Egg & Cheese Burrito ◊ * Zucchini Bread ◊ Lunch * Cheese Stuffed Sticks w/ Marinara ◊ * Orange Chicken w/rice	7 Breakfast * Ham & Cheese Bagel * Egg & Cheese Scramble w/ Tots ◊ Lunch * Rippers w/ Veggies◊ * Chicken Tenders w/ Veggies◊	8 Breakfast * Fresh Made Muffin ◊® * Apple Breadstick ◊ Lunch * Hot Dogs w/ Fries * Pizza ◊	9 Breakfast * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ Lunch * Beef & Bean Burrito w/ Corn * Cheese Lasagna Roll ◊	
12 No School	13 Breakfast * Ham & Cheese Bagel * Poptart w/ Cheese stick ◊ Lunch * Cheeseburger w/Fries ◊ * General Tso's Chicken w/ Rice	14 Breakfast * Banana Muffin ◊ * Yogurt w/ Graham Crackers ◊ Lunch * Roast Chicken w/ Potatoes & Roll * Cheese Pocket & Tomato Soup ◊	15 Breakfast * Fresh Made Muffin◊® * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Pizza ◊	16 Breakfast * Cinnamon Roll ◊® * Biscuit & Gravy w/Sausage Lunch * Corn Dog w/ Fries * Nachos ◊	
19 Breakfast * Pancake Sausage Wrap * Poptart w/ Cheese stick ◊ Lunch * Cheeseburger w/Fries * Pizza ◊	20 Breakfast * Breakfast Tornado * Apple Breadstick ◊ Lunch * Chicken Burger w/ Fries * Rippers W/Veggies ◊	21 Breakfast * Ham & Cheese Bagel * Yogurt w/ Graham Crackers ◊ Lunch * Bean & Cheese Burrito w/Corn * Turkey Gravy w/ Potatoes & Roll	22 Breakfast * Fresh Made Muffin ◊® * French Toast ◊ Lunch * Pretzel & Cheese ◊ * Cheese Stuffed Sticks w/ Marinara ◊	23 Breakfast * Cinnamon Roll ◊® * Bagel w/ Cream Cheese ◊ Lunch * Kung Pao Chicken * Nachos ◊	
26 No School	27 No School	28 No School	29 No School	30 No School	

® =Scratch and Fresh made recipes ◊ = vegetarian or can be made vegetarian

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