

What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
 Meat or meat alternate
 Choice of Vegetable
 Choice of Fruit
 Grain/Bread
 Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May Include:

Dark Green - spinach, broccoli, romaine and spring salad
 Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
 Legumes - beans and peas
 Starchy - potatoes, corn, peas & lima beans
 Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

May Include:
 oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple and mandarin oranges

BRAVO STATION

Monday - Chicken Patty on a Bun
 Tuesday - Cheese Burger on a Bun
 Wednesday Chicken Nuggets with Thursday - Popcorn Chicken
 Friday - Spicy Chicken Patty on a Bun

UP FOR GRABS

Salads Entree with Roll

Monday - Chopped Garden Salad
 Tuesday - Chef Salad
 Wednesday - Chicken Caesar Salad
 Thursday - Crispy Chicken Salad
 Friday - Tuna Salad

Sandwiches

Monday - Club Sandwich Wrap
 Tuesday - Ham & Cheese Hoagie
 Wednesday - Italian Wrap
 Thursday - Turkey & Cheese Flat Bread
 Friday - Crispy Chicken Wrap

Pizza

Monday - Stuffed Crust
 Tuesday - Cheese
 Wednesday - Buffalo Chicken
 Thursday - Pepperoni
 Friday - French Bread

Lunch Prices
 Student \$1.65
 Reduced \$.40
 Adult \$3.00



Metz
 CULINARY MANAGEMENT

**North Star Secondary
 March Lunch Menu**

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
PABLONO'S MEXICAN BAR CHOICE OF TACO MEAT - SEASONED CHICKEN - NACHOS - TACO				
Hot Ham and Cheese On a Pretzel Roll Featured Veggies: Tater Tots Baby Carrots Choice of Fruit Choice of Milk	Turkey & Cheese Melt On Flat Bread Featured Veggies: Refried Beans Tomato & Onion Salsa Choice of Fruit Choice of Milk	Toasted Cheese Sandwich Tomato Soup Featured Veggies: Steamed Corn Cucumber Salad Choice of Fruit Choice of Milk	French Toast Sticks With Breakfast Ham Featured Veggies: Hash Brown Potato Fresh Cucumber Slices Choice of Fruit Choice of Milk	Fish Sandwich On a Bun Featured Veggies: Sweet Potato Fries Cole Slaw Choice of Fruit Choice of Milk
13	14	15	16	17
BRUNCH BAR CHOICE OF FRENCH TOAST STICKS - PANCAKES-EGGS-SAUSAGE-BACON-HAM-HOMEFRIES-HASHBROWN				
Italian Meatballs & Cheese On a Roll Featured Veggies: Oven Fries Roasted Zucchini Choice of Fruit Choice of Milk	Chicken Fajita On a Soft Tortilla Featured Veggies: Tomato & Onion Salsa Spinach Salad Choice of Fruit Choice of Milk	General Tso Chicken over Rice Featured Veggies: Mexicala Corn Green Pepper Strips Choice of Fruit Choice of Milk	Nachos Grande Tortilla Chips Featured Veggies: Carrot Sticks Tater Tots Choice of Fruit Choice of Milk	Italian Dunkers with Sauce Featured Veggies: Roasted Sweet Potatoes Chick Pea Salad Choice of Fruit Choice of Milk
20	21	22	23	24
DELI BAR Featuring A Variety OF MEATS - CHEESE - BREADS AND ASSORTED TOPPINGS				
Buffalo Chicken Mac & Cheese Featured Veggies: Steamed Broccoli Carrot Sticks Choice of Fruit Choice of Milk	Beef Taco On a Soft Tortilla Featured Veggies: Refried Beans Stewed Tomatoes Choice of Fruit Choice of Milk	Chicken Mash Potato Bowl with a Dinner Roll Featured Veggies: Mashed Potatoes Steamed Corn Choice of Fruit Choice of Milk	Cowboy Burger Cheese, Onion Rings, BBQ Sauce Featured Veggies: Oven Fries Cucumber Salad Choice of Fruit Choice of Milk	Spaghetti & Meatballs Garlic Bread Stick Featured Veggies: Caesar Salad Steamed Carrots Choice of Fruit Choice of Milk
27	28	29	30	31
WOK n ROLL BAR CHOICE OF SWEET & SOUR CHICKEN - SESAME CHICKEN - BEEF & BROCCOLI - RICE - NOODLES				
Walking Taco On a Soft Tortilla Featured Veggies: Tater Tots Cherry Tomatoes Choice of Fruit Choice of Milk	Toasted Spicy Chicken Quesadilla Featured Veggies: Refried Beans Green Pepper Strips Choice of Fruit Choice of Milk	Chicken in Gravy Over a Biscuit Featured Veggies: Mashed Potatoes Caesar Salad Choice of Fruit Choice of Milk	Philly Steak & Cheese On a Roll Featured Veggies: Potato Wedges Red Pepper Strips Choice of Fruit Choice of Milk	Fish Sandwich On a Bun with Cheese Featured Veggies: Sliced Tomatoes Cole Slaw Choice of Fruit Choice of Milk

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