

Reminder: Breakfast is served daily
National School Breakfast Week 3/2-3/6

March 2020 Lunch Menu



WEST SONOMA COUNTY
 HIGH SCHOOL DISTRICT

Monday	Tuesday	PIZZA & Salad Bar Wednesday	Thursday	BURGER BAR Friday
2 Grilled Ham or Turkey & Cheese (V) (Soup)	3 Chicken or Cheese (V) Pesto Pasta w/ garlic breadstick	4 Pizza Varieties Pepperoni, Cheese(V), Chicken Pesto, Veggie(V), Hawaiian	5 Chicken and Waffles NSBW	6 Burger Bar w/ Fries Hamburger, Cheeseburger, Beef Hot Dog, Chicken Sandwich, or Veggie Burger (V)
9 Chicken Teriyaki Stir Fry w/1 Fortune Cookie	10 BBQ Turkey Slider w/Veggie Dippers	11 Pizza Varieties Pepperoni, Cheese(V), Chicken Pesto, Veggie(V), Hawaiian	12 Taqitos w/Refried Beans	13 Burger Bar w/ Fries Hamburger, Cheeseburger, Chicken Sandwich, or Veggie Burger (V)
16	SPRING BREAK (March 16-20)			20
23 Chicken or Cheese Enchilada w/ Black Beans	24 Chicken Nuggets or Hot Dog w/WG Sun Chips	25 Pizza Varieties Pepperoni, Cheese(V), Chicken Pesto, Veggie(V), Hawaiian	26 Chicken or Veggie Fried Rice w/ Veggie Eggroll & Fortune Cookie	27 Burger Bar w/ Fries Hamburger, Cheeseburger, Chicken Sandwich, or Veggie Burger (V)
30 Beef Tamale Pie w/Broccoli	31 Sloppy Joe w/WG Sun Chips			(V) option's avail. daily but not as featured menu item)

SALAD BAR WEDNESDAYS

Large & side salad or veggie dippers available
 M/Tu/Th/Fr

Caesar (Chicken) , Chinese (Chicken),
 Garden (V) w & w/o M/MA option

V: Vegetarian Option : VG: Vegan Option

Meals Include 5 Menu Items:

Protein (Meat/Meat Alternative)
 Grain
 Vegetable
 Fruit/Fruit Juice
 Milk

2 Item Entrees

(V) option's available daily

To Complete Your Meal:

Choose 3 items minimum

One menu item must include fruit/fruit juice or
 veggie.



Or Choose all 5 items

OTHER DAILY OPTIONS!

Hot Entrees: Spicy Chicken, 2 Bosco Sticks (V),
 French Bread Pizza (V), or Bean & Cheese Burrito
 (V)

Cold Entrees: Deli Sandwiches or wraps (V), PB&J
 Uncrustables (V), Large Garden Salad (V/ VG)

Create Your Own 3 Star Meal!

Milk + Side Salad + Fruit
 Pita Bread & Hummus (V/ VG) + String cheese + veggie side
 Sunflower seeds + Fruit + Vegetable

Lunch Meal Prices

Student Lunch..... \$3.50
 Reduced Student Lunch..... 40¢
 Free Student Lunch.....no charge
 Adult Lunch..... \$4.25 plus tax

This menu is subject to change



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