

March

2022 Pocahontas Junior High

menu

Monday	Tuesday	Wednesday	Thursday	Friday
Daily choices include Main dish, Hamburger, Pizza, Salad Bar, and all daily vegies, fruits and condiments	1. Beef Steak Strips Mashed Potatoes /gravy Carrot Coins Fruit Hot Roll Milk	2. Dr. Seuss Day Green Eggs & Ham Tater tots Pineapple/GreenJello Biscuit & Gravy Milk	3. National Cold Cuts Day Deli Sandwich Sand. Salad Cup w/pickles Roasted Beans Broccoli florets Fruit Milk	4. Fish Sticks Quick Baked Potato Cole Slaw Hot Roll Fruit Milk
7. <u>National Cereal</u> Day Redskin Café Bacon Cheeseburger French Fries Sandwich Salad cup Fruit Milk	8. Taco Tuesday Walking Taco Lettuce/tomato Salsa Refried Beans Cinnamon roll Applesauce /Milk	9. Waffleicious Wednesday Chicken Tenders Waffles & Syrup Waffle French Fries Mandarin Oranges Milk	10. <u>National Ranch</u> Dressing Day Pizza Romaine Salad Lite Ranch Green Beans Fruit & Milk	11. Fish Sandwich Cole slaw Sweet Potato Fries Pickle Spear Fruit Milk
14. <u>National Potato</u> Chip Day Chili Frito Pie Broccoli/Carrot Stix Ranch Dip Fruit Crackers Milk	15 Chicken Stir Fry Veggies Rice Cherry Tomatoes Fruit Fortune Cookie Milk	16 <u>Breakfast Bowl</u> Ham Egg Cheese Tater Bowl Biscuit Juice Milk	17. <u>Happy St. Patrick's Day</u> Quesadilla Salsa Seasoned Beans Fruit Milk	18. <u>National Sloppy Joe</u> Day Sloppy Joe Sandwich French Fries Pickle Spear Fruit Milk
				
28. Taco Burger Lettuce/Tomato Salsa Refried Beans Fruit Milk	29. BBQ Nachos Baked Beans Cole Slaw Fruit Milk	30. Calzone Marinara Sauce Romaine Salad Ranch Fruit Milk	31. Chicken Philly Sandwich Sandwich Veggies French Fries Pickle Spear Fruit Milk	This institution is an equal opportunity provider.

Veggies are TOPS.

Monday: Breakfast Pizza, Juice, Fruit, Milk
Tuesday: Cereal Bar, String Cheese Juice, Fruit, Milk
Wednesday: Pancake, Syrup, Ham, Fruit, Juice, Milk
Thursday: Cinnamon Bun, Fruit, Juice, Milk
Friday: Sausage, Gravy, Biscuit, Juice, Fruit, Milk
Cereal, Yogurt Parfait, Chicken Biscuit, Sausage Biscuit, Honeybun, Pop tart & yogurt, Cereal
bar & String Cheese, juice, fruit, milk offered as daily breakfast choices

Menu is subject to change due to supply chain issues.

