

March 2023



Continental Local Schools

Sun	Mon	Tue	Wed	Thu	Fri	Sat				
Menu Subject to change. This institution is an equal opportunity employer.			Popcorn Chicken 1 Mashed potatoes/gravy Corn Dinner Roll Fruit Milk	Hamburgers 2 W/G bun Cheese Green beans Fruit Milk	Fish Shapes (Elem.)3 Fish Sandwich (H.S.) Baked Beans Fruit Milk	4				
5	Hot Dog w/g bun Chili Sauce Corn Chips Baked Beans Fruit Milk	6	Salsbury Steak 7 Mashed potatoes/gravy Dinner Roll Fruit Milk	8	Pizza 9 Green Beans/salad Fruit Milk	No School 10	11			
12	Chicken Strips Baked Beans Bread stick Fruit Milk	13	Corn Dog on Stick(Elem) Tenderloin Sandwich (H.S.) Carrots Fruit Milk	14	Cold Sub Sandwich lettuce/cheese 15 Chips Fruit Milk	16	Chicken Cordon Blue Sandwich w/g bun Green beans Fruit Milk	Pancakes Sausage/yogurt Hashbrowns fruit milk	17	18
19	Beef Dippers Mashed Potatoes/gravy Dinner Roll Fruit Milk	20	21	Spaghetti/meatballs Green Beans Bread stick Fruit Milk	22	Shredded Chicken Sandwich w/g bun Broccoli & Cheese Fruit Milk	23	Grilled Cheese Tomato Soup Chips Fruit Milk	24	25
26	French Toast Sausage Hashbrowns Fruit Milk	27	Tacos Refried Beans Lettuce/cheese Fruit Milk	28	Mac & Cheese Mini Corn Dogs Broccoli Fruit Milk	29	BBQ Rib w/g bun Green Beans Fruit Milk	30	Cheese Pizza Salad/cheese Fruit Milk	31

