

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS
FOR THE WEEK OF MARCH 2, 2020**

Monday, March 2, 2020:

B'fast: Sausage Links, Yogurt Cup-4g/???
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Bunny Grahams-24g
Lunch: A Entree: Salisbury Steak w/Brown Gravy-6.8g
B Entree: Pulled BBQ Pork- 10g
Cheesy Potatoes-24g
Candied Carrots-5.33g
Fruit
Dinner Roll-22g

Tuesday, March 3, 2020:

B'fast: Granola Bar-???
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Muffin-59g
Lunch: A Entree: Coney on WG Bun-25g
B Entree: Pig-N-A-Blanket-17g
Cheesy Broccoli-14g
Fruit
Iced Graham Cracker-22g

Wednesday, March 4, 2020:

B'fast: Piggletstick w/Syrup-73g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Gold Fish-28g
Lunch: A Entree: Chili Soup-15g
B Entree: Beef Stew-31.5g
C Entree: Salad Bar
Pretzel w/Cheese Sauce-49g
Fruit
Carrots/Cherry Tomatoes w/Dip-10.47g

Thursday, March 5, 2020:

B'fast: Cinnamon Roll-43g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Cereal Bar
Lunch: A Entree: BBQ Teriyaki Chicken over Rice-27.64g
B Entree: Egg Roll over Rice-58.6g
Buttered Peas-17.3g
Fruit
Fortune Cookie-4g

Friday, March 6, 2020:

B'fast: French Toast Sticks w/Syrup, Sausage Patty-79.5g/2g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Cook's Choice
Lunch: A Entree: Corn Dog-27g
B Entree: Fish on Bun-43g
Oven Potatoes-FF-14g, PW-20g
Fruit
Pudding-C-21.75g, V-26g

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS
FOR THE WEEK OF MARCH 9, 2020**

Monday, March 9, 2020:

B'fast: Powdered or Chocolate Doughnut-41g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Muffin-59g
Lunch: A Entree: Oven Roasted Chicken
B Entree: Meatloaf-8g
C Entree: Salad Bar
Mashed Potatoes w/Gravy-44g
Green Beans-4g
Rosy Applesauce-24g
Dinner Roll-22g

Tuesday, March 10, 2020:

B'fast: French Toast Sticks w/Syrup-79.5g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Cereal Bar
Lunch: A Entree: Nacho Supreme-4g
B Entree: Fiesta Chicken Pasta Bake-???
Lettuce and Cheese-2.54g
Buttered Corn-28g
Fruit
Chips, Salsa, and Sour Cream-15.38g

Wednesday, March 11, 2020:

B'fast: Bacon, Egg and Cheese Biscuit
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Gold Fish
Lunch: A Entree: Baked Ravioli-
B Entree: Pizza Meatball Sub-17g
C Entree: Salad Bar
Candied Carrots-5.33g
Fruit
Garlic Toast-

Thursday, March 12, 2020:

B'fast: Pancakes w/Syrup-
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Pop-Tart
Lunch: A Entree: All Beef Hot Dog on WG Bun-23g
B Entree: Cheeseburger on WG Bun-30g
Oven Potatoes-FF-14g,PW-20g
Carrots w/Dip-11g
Fruit
Cinnamon Streusel Cake-???

Friday, March 13, 2020:

B'fast: Pop-Tart-
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Cook's Choice
Lunch: A Entree: Fish-16g
B Entree: Pork Parmigiana-19g
C Entree: Salad Bar
Mac and Cheese-33.2g
Baked Beans-22g
Fruit

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS
FOR THE WEEK OF MARCH 16, 2020**

Monday, March 16, 2020:

B'fast: Cinnamon Biscuit-25.5g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Muffin-59g

Lunch: A Entree: Country Fried Steak w/gravy-14g
B Entree: Chopped Steak w/Brown Gravy-14g
Mashed Potatoes-38g
Fruit
Slice of Bread-16g

Tuesday, March 17, 2020:

B'fast: Pigglystick w/Syrup-73g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Bunny Grahams-25g
Lunch: A Entree: Chicken on WG Bun-44g
B Entree: Tenderloin on WG Bun-41g
Sweet Potato Fries-30.6g
Buttered Peas-17.3g
Fruit
Shamrock Cake w/Icing-59g

Wednesday, March 18, 2020:

B'fast: Long John-27g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Granola Bar
Lunch: A Entree: Beef Taco-16.2g
B Entree: Chicken Fajita Taco-27.13g
C Entree: Salad Bar
Lettuce and Cheese-2.54g
Chips, Salsa and Sour Cream-15.38g
Fruit

Thursday, March 19, 2020:

B'fast: Sausage Patty, Hash Brown-2g,15g,10g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Cinnamon Roll-43g
Lunch: A Entree: Ham and Cheese on WG Bun30.5g
B Entree: Bologna and Cheese on WG Bun-33g
Carrots w/Dip-11g
Fruit
Potato Chips-plain-15g, bbq-16g, cheetos-15g

Friday, March 20, 2020:

B'fast: Pop-Tart
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Cook's Choice
Lunch: A Entree: Pepperoni Pizza-20g
B Entree: Sausage Pizza-21g
C Entree: Salad Bar
Cucumbers w/Dip-3.9g
Orange Slice-11g
Sun Chips-19g

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS
FOR THE WEEK OF MARCH 23, 2020**

Monday, March 23, 2020:

B'fast: B'fast Sundae
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Pop-Tart
Lunch: A Entree: Mandarin Orange Chicken over Rice-34.47g
B Entree: Teriyaki Chicken over Rice-27.64g
Buttered Broccoli-8g
Fruit
Frozen Yogurt-14g

Tuesday, March 24, 2020:

B'fast: Biscuit and Sausage Gravy-37g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Muffin-59g
Lunch: A Entree: Chicken Tenders-7.88g
B Entree: Pork Parmigiana-19g
Oven Potatoes-FF-14g, PW-20g
Baked Beans-22g
Fruit
Slice of Bread-16g

Wednesday, March 25, 2020:

B'fast: Powdered or Chocolate Doughnut-41g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Cereal Bar
Lunch: A Entree: Baked Spaghetti-21g
B Entree: Pizza Meatball Sub-17g
Side Salad w/Dressing-3.54g
Fruit
Garlic Bread

Thursday, March 26, 2020:

B'fast: Cinnamon Roll-43g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Goldfish
Lunch: A Entree: Vegetable Beef Soup-14g
B Entree: Creamy Potato and Bacon Soup-16.2g
Cheese Stick-1g
Carrots w/Dip-11g
Apple-14.64g
Goldfish-28g

Friday, March 27, 2020:

B'fast: Long John-27g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Cook's Choice
Lunch: A Entree Only: Cheese Pizza-20g
Cucumbers w/Dip-3.9g
Fruit
Potato Chips-plain-15g, bbq-16g, Cheetos-15g

**PARKVIEW JR. HIGH B'FAST AND LUNCH MENUS
FOR THE WEEK OF MARCH 30, 2020**

Monday, March 30, 2020:

B'fast: Brown Sugar Oatmeal, Hash Brown-32g,15g,10g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Muffin-59g
Lunch: A Entree: Salisbury Steak w/Brown Gravy6.8g
B Entree: BBQ Pork Rib Patty-5g
C Entree: Salad Bar
Mashed Potatoes-38g
Candied Carrots-5.33g
Fruit
Slice of Bread-16g

Tuesday, March 31, 2020:

B'fast: Scrambled Eggs-1g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Pop-Tart
Lunch: A Entree: Coney on WG Bun-25g

B Entree: Coney Dog on WG Bun-28g
Sweet Potato Fries-30.6g
Hot Veggie-???
Fruit
Cake w/Icing-???

Wednesday, April 1, 2020:

B'fast: French Toast Sticks w/Syrup-79.5g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Cereal Bar
Lunch: A Entree: Taco Meat-8g
B Entree: Chicken and Cheese Quesadilla-32g
C Entree: Salad Bar
Lettuce and Cheese-2.54g
Refried Beans-24g
Fruit
Chips, Salsa and Sour Cream-15.38g

Thursday, April 2, 2020:

B'fast: Glazed Doughnut-35g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Rice Krispy Cereal Bar
Lunch: A Entree: Pizzaburger on WG Bun-37g
B Entree: Grilled Cheese Sandwich-46g
BBQ Sidewinders-22.72g
Fruit
Cake w/Icing-???

Friday, April 3, 2020:

B'fast: Long John-27g
Cereal, Juice, Fruit, Toast, Milk
Grab and Go Cart: Cook's Choice
Lunch: A Entree Only: Cheese Pizza-20g
Cucumbers/Cherry Tomatoes w/Dip-???
Fruit
Sun Chips-19g