

# MARCH 2020

Mt Everett Regional School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Alternative Lunches
2 Hamburger or Cheeseburger with French Fries	3 Meatball Sub	4 Macaroni & Cheese	5 BBQ Pulled Pork with Cole Slaw	6 General Tso's Chicken with Rice	<b>Monday-Wednesday-Friday</b> Fresh Baked Pizza <b>Tuesday-Thursday</b> Chicken Patty Sandwich <b>Daily-Deli Sandwich or Chef Salad</b>
9 Pancakes with Sausage	10 Taco Salad	11 Lasagna	12 Fish Sticks with French Fries	13 Half Day Grab and Go Available	<b>Whats Included in Your Lunch?</b> A Choice of Flavored & Non-Flavored Skim Milk 1% Unflavored Milk 4oz Fruit Juice , Fresh Fruit, and Vegetable
16 Grilled Buffalo Chicken Sandwich	17 Build Your Own Burrito*	18 BBQ Pulled Pork with Cole Slaw	19 Chicken Bacon Ranch Flatbread	20 Hot Dog with French Fries	<b>Daily Variety of Fruits and Vegetables</b> ~Apple, Orange, Banana, Special Fruit ~Mesclun, Broccoli, Cauliflower, Tomato, Cucumber, Carrot, Celery
23 Fish Sticks with French Fries	24 General Tso's Chicken with Rice	25 Hamburger or Cheeseburger with French Fries	26 Open Face Turkey Sandwich	27 Potato Breaded Pollock Fillet with Roasted Asparagus	<b>Lunch Prices</b> Paid-\$3.25 Reduced -\$0.40 Milk-\$0.50
30 French Toast Sticks with Sausage	31 Chili Con Carne with Corn Bread	*BYOB- Avocado or Guacomole, Ground Beef, Rice, Pico De Gallo, Sour Cream, Cheese, Beans, Lettuce <b>"This institution is an equal opportunity provider."</b>			

