### Southwestern High School Lunch Menu

**March 2018**

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>Nacho Grande w/ Spicy Breadstick</td>
<td>Sweet &amp; Sour Meatballs w/ Rice</td>
<td>Chicken Nuggets w/ Roll &amp; Dipping Sauce</td>
<td>Turkey &amp; Gravy w/ Biscuit</td>
<td>Meatballs w/ Bread Sticks</td>
</tr>
<tr>
<td>B</td>
<td>Chicken Patty on Bun</td>
<td>Cheese Filled Bread Sticks w/ Marinara Sauce</td>
<td>Pancakes &amp; Syrup w/ Sausage</td>
<td>Macaroni &amp; Cheese w/ Dinner Roll</td>
<td>Buffalo Chicken Wing Pizza</td>
</tr>
<tr>
<td>C</td>
<td>Popcorn Chicken w/ Dipping Sauce</td>
<td>Italian Dunkers</td>
<td>Chicken Fajita Wrap</td>
<td>Meatball Sub</td>
<td></td>
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</tbody>
</table>

**Offered Daily With all School Lunches:**

- Fresh or prepared fruits
  - (Must take 1/2 cup of fruit or veggies, may take 1 cup)

**Non Fat or 1% White or Non Fat Chocolate or Strawberry Milk Available Daily**

**Start with a:**
- Vegetable
- Fruit
- Choose whole grain
- Pick a lean protein
- Add serving of milk

**My choose 2 Veggies at each meal**

**Available Daily:**
- Salad Bar or Pre-made Entree Salad
- Hamburger & Cheeseburgers
- Pre-made Subs & Wraps
- Yogurt Parfait w/ Grain Selection
- PB&J
- Fresh Fruit Selection
  - Pizza M, W, F, Tu
  - Taco’s Tu, Th
  - Fruit Juice additional Fruit Choice Tu, Th

**Lunch Fact**

**My Plate Recommends:**

- Choose vegetables rich in color! Brighten your plate with vegetables that are red, orange, or dark green. They not only taste great but are also good for you, too. Reference: USDA. MyPlate.gov. Internet [http://www.myplate.gov/](http://www.myplate.gov/)

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**Meal Pattern Requirements**

- **Grains:** Range = 10 G EQ
  - 1/2 of all grains must be whole grain rich
- **M/MA:** Range = 10 oz.
  - in appropriate subgroups
- **Vegetables:** Range = 5 cups
  - Choose whole grain
- **Fruits:** Range = 5 cups

**Southwestern Cafeterias:**

- Call 664-6940 for more information.

**On call substitute positions available in the Bonum Point, Panama, RP Hewes and Southwestern Cafeterias.**

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(subject to $2.95 processing fee)

**March 30 - April 6**

**This institution is an equal opportunity Provider and Employer.**