

March 2018

MERIT ACADEMY

LUNCH



\$3.00 for students / & \$3.50 for adults.

All lunches come with full vegetable & fruit bar, milk and 100% fruit juice.

This institution is an equal opportunity provider.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Tuesday



Wednesday

Thursday

Friday

Domino's Pizza Variety **5**
PB&J + Cheese Stick
Grab'n'go Taco Salad

Chicken Pot Pie **6**
Breadstick
PB&J + Cheese Stick
Grab'n'go Chef Salad

Hot Dog **7**
Baked Fries
PB&J + Cheese Stick
Grab'n'go Chef Salad

Chicken Nuggets **1**
Macaroni & Cheese
PB&J + Cheese Stick
Grab'n'go Chef Salad

Cheese & Pep. Rippers **2**
PB&J + Cheese Stick
Grab'n'go Chef Salad

NO SCHOOL TODAY! **12**

Chicken Sandwich **13**
Chips Variety
PB&J + Cheese Stick
Grab'n'go Chef Salad

French Toast Sticks **14**
Hash brown
Ham Patty / String Cheese
PB&J + Cheese Stick
Grab'n'go Chef Salad

Tomato Basil Soup **8**
Grilled Cheese Sandwich
PB&J + Cheese Stick
Grab'n'go Chef Salad

Teriyaki Chicken / Rice **9**
Fortune Cookies
PB&J + Cheese Stick
Grab'n'go Chef Salad

Spaghetti with Meat Sauce **15**
Green Beans
PB&J + Cheese Stick
Grab'n'go Chef Salad

Turkey Roast **16**
Mashed Potatoes & Gravy
Breadstick / Peas
PB&J + Cheese Stick
Grab'n'go Chef Salad

Domino's Pizza Variety **19**
PB&J + Cheese Stick
Grab'n'go Taco Salad

Pork Enchilada **20**
Refried Beans
PB&J + Cheese Stick
Grab'n'go Chef Salad

Fried Rice with Ham **21**
Egg Roll / Fortune Cookie
Pb&J + Cheese Stick
Grab'n'go Chef Salad

Kickin' Chicken Wrap **22**
Chicken Caesar Wrap
Chips Variety
PB&J + Cheese Stick
Grab'n'go Chef Salad

Creamy Chicken Soup **23**
Wheat Roll
PB&J + Cheese Stick
Grab'n'go Chef Salad

Cheese & Pep. Rippers **26**
PB&J + Cheese Stick
Grab'n'go Taco salad

Stroganoff with Pasta **27**
Green Beans
Wheat Roll
PB&J + Cheese Stick
Grab'n'go Chef Salad

Pulled Pork Sand. **28**
Ranch Beans
Coleslaw
PB&J + Cheese Stick
Grab'n'go Chef Salad

Taco Soup **29**
Corn Chips
PB&J + Cheese Stick
Grab'n'go Chef Salad

Baked Fish Filet **30**
Potato Wedges
PB&J + Cheese Stick
Grab'n'go Chef Salad