

Margaretta High School Lunch Menu

March 2010--National Nutrition Month –Nutrition from the Ground Up. Eat Right!

Monday
March 1

Chicken Tenders
W/ Dinner Roll
Or
Bologna/Lettuce
Sandwich
Or
**Turkey Breast
Chipotle Wrap

Honeybee Potatoes

Chilled Mixed Fruit

Ala Carte:
Fresh Fruit
Yogurt
Deli Dill

Tuesday
March 2

Cheeseburger/Bun
Or
Jalapeno burger
Sandwich (new item)
Or
Tuna Salad Sandwich

Green Beans

Chilled Peaches

Peanut Butter Bar



Ala Carte:
Vegetable Soup
Drumstick

Wednesday
March 3

Pepperoni Pizza
Or
Tuna Salad Sandwich
Or
**Flatbread Pizza

Tossed Green Salad

Chilled Pears

Nutrition from the Ground Up.
National Nutrition Month is a nutrition education and information campaign created by the American Dietetic Association. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Ala Carte:
Otis Cookies
Chef's Salad

Thursday
March 4

Mashed Potato Bowl

Popcorn Chicken
w/ Pan Roll
Or
Egg Salad Sandwich
Or
**Burrito/Roll

Mashed
Potatoes/Gravy

Sweet Corn

Banana

Ala Carte:
Sherbet Cup
Relishes/Dip
Broccoli Soup

Friday
March 5

Cheese Quesadilla
w/ Salsa
Or
Fish Sandwich
Or
Assorted Sandwiches

Fresh Carrots & Dip

Cinnamon
Applesauce



Ala Carte:
Cottage Cheese/Fruit
Asst. Ala Carte Items

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Whole Wheat Bread and Buns are Available Upon Request

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Monday
March 8

Chicken Pattie
Sandwich
Or
Ham/Cheese
Sandwich
Or
**Deli Turkey Hoagie

Green Beans

Chilled Fruit



Ala Carte:

Pie
Chili/Crackers
Fun Fruits

Tuesday
March 9

Slice of Pizza
Or
Chicken Salad
Sandwich
Or
** Asian New Orleans
Chicken & Rice

Whole Kernel Corn

Chilled Peaches

Ala Carte:

Cottage Cheese/Fruit
Fresh Apple
Slices/Dip
Glazed Donut

Wednesday
March 10

Hot Turkey Sandwich
Or
Bologna/Lettuce
Sandwich
Or
**Philly Steak
Sandwich

French Fries

Chilled Pears



Ala Carte:

Taco Salad
Chicken Noodle
Soup/Crackers

Thursday
March 11

Spaghetti w/ Meat
Sauce & Garlic Bread
Or
Bologna & Lettuce
Sandwich

Lettuce Salad

Fresh Fruit Choice

Myth: Eating carbohydrates cause weight gain.
Fact: Calories cause weight gain. Excess carbohydrates are no more fattening than calories from any source. Despite the claims of low-carb diet books, a high carbohydrate diet does not promote fat storage by enhancing insulin resistance.

Ala Carte:

Fruit Juice Bar
Relishes/Dip
Pudding

Friday
March 12

Toasted Cheese
Sandwich
Or
Assorted Sandwiches
Or
**Fish/Cheese
Sandwich

Fresh Carrot
Relishes/Dip

Chilled Applesauce

Tomato Soup
Crackers

Ala Carte:

Assorted Ala Carte
Items

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Monday
March 15

Corndog
Or
Lunchmeat/Cheese
Sandwich
Or
**Foot long/Bun

Pepper Fries

Pineapple & Mandarin
Oranges

Myth: Eating just before
bedtime is fattening.

Fact: What you eat, not
when, makes the difference;
calories have the same effect
on the body no matter when
they are consumed. Evidence
does suggest that eating
regular meals, especially
breakfast; helps promote
weight loss by reducing fat
intake and minimizing
impulsive snacking.

Ala Carte:

Broccoli Soup
Pie

Tuesday
March 16

Pepperoni Pizza
Or
Egg Salad Sandwich
Or
**Chicken Parmesan
Sandwich

Green Beans

Chilled Pears

**National
Agriculture
Week**

Ala Carte:

Turkey/Ham Chef Salad
Drumstick
String Cheese

Wednesday
March 17

Polar Bear Special
Or
Chicken Salad
Sandwich
Or
**Rueben Sandwich

Sweet Peas

Lime Sherbet Cup

Oatmeal Cookie



Ala Carte:

Pudding
Fresh Fruit
Donut

Thursday
March 18

Mashed Potato Bowl

Popcorn Chicken
or
Egg Salad Sandwich
on Whole Wheat
Or
** Turkey Club
Sandwich

Mashed
Potatoes/Gravy

Sweet Corn

Chilled Applesauce

Ala Carte:

Bageler
Relishes/Dip
Snickers Bar

Friday
March 19

Bosco Sticks w/
Spaghetti Sauce
or
Peanut Butter & Jelly
Sandwich w/Cheese
Snack
or
** Ham & Swiss on
Rye

Toss Salad

Fresh Fruit



Ala Carte:

Assorted Ala Carte
Items
Chicken Noodle
Soup/Crackers

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Monday
March 22

Chili Dog/Bun
Or
Breaded Veal
Sandwich
Or
**Deli Turkey Sub

Honeybee Potatoes

Chilled Applesauce

Fudge Bar



Ala Carte:

Broccoli Soup
Granola Bar
Fresh Fruit

Tuesday
March 23

Chili/Chips/Cheese
w/ Soft Breadstick
Or
**Chicken Parmesan
Sandwich
Or
Tuna Salad Sandwich

Whole Kernel Corn

Banana

Churro

Ala Carte:

Pudding
Sliced Apples &
Carmel Dip

Wednesday
March 24

Pizza Wedge
Or
Chili w/ 1/2 Sandwich
Or
**Turkey Breast
Chipotle Wrap

Fresh Vegetable
Relishes

Chilled Peaches

Donut Hole

Ala Carte:

Chicken Chef Salad
Chocolate Pie

Thursday
March 25

Toasted Cheese
Sandwich
Or
Tuna Salad Sandwich
Or
**Johnny Rib
Sandwich

Green Beans

Chilled Pears

Tomato
Soup/Crackers



Ala Carte:

Cottage Cheese/Fruit
Soft Pretzel
Bageler

Friday
March 26

Macaroni & Cheese
w/ PBJ uncrustable
Or
Assorted Sandwiches
Or
**Fish & Cheese
Sandwich

Tossed Salad

Fruit Choice

Ala Carte:

Assorted Ala Carte
Items
Fresh Fruit

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Monday
March 29

Ham & Scalloped
Potatoes w/ Dinner
Roll
Or
**Turkey Breast Wrap

Green Beans

Chilled Mixed Fruit

Tuesday
March 30

Chicken Pattie
Sandwich
Or
Ham Sandwich
Or
**Johnny Rib
Sandwich

Glazed Carrots

Apple Crisp

Snack Pak Pretzels

Wednesday
March 31

Garlic Flatbread Pizza
Or
Egg Salad Sandwich
Or
**Big Daddy Pizza
Wedge

Tossed Salad

Banana

Myth: Fresh Fruits and
vegetables are healthier than
frozen or canned
Fact: Research shows frozen
and canned foods are as
nutritious as fresh. In fact, since
lycopene is more easily
absorbed in the body after it has
been processed; canned
tomatoes, corn and carrots are
sometimes better nutrition
choices.



Ala Carte:

Tomato Basil
Soup/Crackers
Deli Dill
Yogurt

Ala Carte:

Broccoli Soup
Yogurt
Pudding

Ala Carte:

Walking Taco
Bageler
Cottage Cheese

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