

# March 2020

# 9-12 Hot Lunch - Cyber

## Central City Cyber High

**Nutrition tip:** Pineapples are high in Vitamin C, B Vitamins, minerals and antioxidants that can help boost overall health!

Reference: [www.medicalnewstoday.com](http://www.medicalnewstoday.com)

Monday

WG Breaded Chicken Fillet with BBQ  
WG Cornbread  
Baked Beans  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

Tuesday

Italian Meatsauce  
Non-WG Pasta  
Whole Grain Breadstick  
Romaine Salad with Ranch (2)  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

Alt. Entrée: PB&J Sand w/ String Cheese

Wednesday

WG All-Natural Chicken  
Corn Dog with Ketchup  
Roasted Baby Baker Potatoes with Ketchup  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

Thursday

Harvest Chicken Salad on a Whole Grain Bun  
**Or Kid's Classic WG Chicken Nuggets with BBQ Sauce**  
WG Pretzel Goldfish  
Baby Carrots with Ranch  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

Friday

**School Closed**  
**No Student Attendance**

**NATIONAL MEATBALL DAY**  
**School Closed**

**No Student/Staff Attendance**

Philly Cheesesteak on a Whole Grain Bun with Mozzarella Cheese  
Baked Beans  
Seasonal Lunch Fruit  
100% Fruit Juice  
Choice of Milk

Alt. Entrée: PB&J Sand w/ String Cheese

**NATIONAL "EAT YOUR NOODLES" DAY**

Macaroni and Cheese  
Whole Grain Soft Pretzel Stick  
Steamed Green Beans  
Seasonal Lunch Fruit  
100% Fruit Juice  
Choice of Milk

Homemade Beef Lasagna  
WG Dinner Roll with Margarine  
**Or Kid's Classic WG Breaded Chicken Patty Sandwich on a Whole Grain Bun with Mayo**  
Steamed Corn  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

WG Cheese Pizza Sticks with Marinara Dipping Sauce  
Crunchy Broccoli with Ranch  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

Chicken Fajita on Whole Grain Tortilla (1) with Taco Sauce  
WG Cheez-It Crackers  
Ranchero Beans  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

Build Your Own Sub – Turkey Breast, Cheese, and Lettuce on a Whole Grain Roll with Mayo  
Baby Carrots with Ranch  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk  
WG Rice Krispies Treat

Alt. Entrée: PB&J Sand w/ String Cheese

**NATIONAL SLOPPY JOE DAY**

Homemade Sloppy Joe on a Whole Grain Bun  
Steamed Peas  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

Homemade Chili with Cheese  
Whole Grain Cornbread  
NEW! Non-WG Noodles  
**Or Kid's Classic WG Asian-Glazed Boneless Chicken Wings with Steamed Carrots and Assorted Graham Cracker**  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

**NATIONAL RAVIOLI DAY**  
Whole Grain Cheese Ravioli with Mozzarella Cheese  
Whole Grain Breadstick  
Assorted Graham Cracker  
Romaine Salad with Ranch (2)  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

**Spring Recess**

**No Student/Staff Attendance**

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Brunch for Lunch  
Chicken and Waffles  
NEW! Boneless Chicken Wings with WG Waffles and Syrup  
Baby Carrots with Ranch  
Seasonal Fruit  
100% Fruit Juice  
Choice of Milk

BBQ Chicken Sandwich on a Whole Grain Bun  
Roasted Sweet Potatoes  
Seasonal Lunch Fruit  
100% Fruit Juice  
Choice of Milk

Alt. Entrée: PB&J Sand w/ String Cheese