

**CROSBY-IRONTON SCHOOLS MEAL MENU -**

**MARCH 1-15**

**2019**

Menu items may change due to availability. Cereal is available as a breakfast alternate daily at both schools.

USDA is an equal opportunity provider and employer.

<p><b>Additional choices of fruits or vegetables are offered daily at each school.</b></p> <p><b>Cereal is available as a breakfast alternate daily at each school.</b></p>		<p><b>Meal costs</b>  <b>Breakfast -\$1.55 at both schools</b>  <b>Lunches</b>  <b>C.R.E.S. - \$2.45</b>  <b>H.S. - \$2.70</b></p> <p><b>REMEMBER</b>  <b>Each reimbursable meal must contain 1/2 cup of fruit or vegetables.</b></p>		<p>1</p> <p>Turkey sausage bagel Pineapple, Juice, Milk</p> <p>Taco Joe on a bun Potato wedges Green beans Garden greens salad Pears Milk HS-alternates Taco salad Caesar chicken wrap Grab&amp;Go Grade 9-12</p>
4	5	6	7	8
<p>Maple pancakes, syrup Applesauce, juice, milk</p> <p>Breaded chicken patty on a WW bun Baked beans Caesar salad Peaches Milk HS alternates Chef salad Fajita chicken wrap Grab&amp;Go Grade 9-12</p>	<p>Scrambled egg wrap Peaches, Juice, Milk</p> <p>Taco on a WW tortilla, toppings Chips, salsa, bean dip Seasoned Corn Fresh fruits Milk HS alternates Chix Caesar salad Quesadilla Grab&amp;Go Grade 9-12</p>	<p>Pancake &amp; sausage on a stick Pears, Juice, Milk Turkey gravy Mashed potatoes Glazed Carrots Mixed fruit WW bread &amp; Jelly Milk HS-alternates Chef salad Ham &amp; cheese stacker Grab&amp;Go Grade 9-12</p>	<p>Cereal, Muffin Orange wedges Juice, Milk Popcorn chicken Ginger-soy rice Steamed Broccoli Garden salad Pears Milk HS alternates Chef salad Corn dog Grab&amp;Go Grade 9-12</p>	<p>Egg &amp; cheese biscuit Mixed fruit, juice, Milk</p> <p>Pizza California vegetables Grape tomatoes, Carrots, cucumber Cinnamon applesauce Milk HS alternates Taco salad Yogurt boat Grab&amp;Go Grade 9-12</p>
11	12	13	14	15
<p>Waffles/fruit topping Peaches, Juice, Milk Chicken nuggets Tex Mex bean bake Greek salad Mandarin oranges &amp; pineapple Dinner roll Milk HS alternates Chef salad Yogurt parfait Grab&amp;Go Grade 9-12</p>	<p>Breakfast Pizza Applesauce, Juice Milk Turkey &amp; cheese sandwich Chicken noodle soup Creamy Coleslaw Peaches Milk HS-alternates Southwest Chix salad Sunbutter-Jelly Sand. Grab&amp;Go Grade 9-12</p>	<p>Apple Frudel Banana, Juice, Milk</p> <p>Tuscan herb chicken Brown rice pilaf Green beans Broccoli Parm. salad Banana fruit cup Milk HS alternates Taco salad Toriyaki chicken bowl Grab&amp;Go Grade 9-12</p>	<p>Cereal, WW cinn. roll Pears, Juice, Milk</p> <p>Garlic cheese bread Marinara sauce Caesar salad Apple wedges Milk HS alternates Chef salad Pizza burger on a bun Grab&amp;Go Grade 9-12</p>	<p>Turkey sausage bagel Pineapple, Juice, Milk</p> <p>Cheeseburger on a WW bun, toppings Tator tots Fresh broccoli/carrots Pears Milk HS alternates Chef salad Fish sandwich Grab&amp;Go Grade 9-12</p>

# CROSBY-IRONTON SCHOOLS MEAL MENU -

MARCH 18-31

2019

Menu items may change due to availability. Cereal is available as a breakfast alternate daily at both schools.

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18	19	20	21	22
Maple pancakes,syrup Applesauce,juice,milk	Scrambled egg wrap Peaches,Juice,Milk	EARLY RELEASE DAY  Pancake & sausage on a stick Pears, Juice, Milk	Cereal, Muffin Orange wedges, Juice, Milk Shredded pork Philly sandwich Green beans Creamy Coleslaw Mixed fruit Milk HS-alternates Chef salad Sunbutter-Jelly Sand. Grab&Go Grade 9-12	Egg & cheese biscuit Mixed fruit, juice, Milk  Pizza Monte Carlo vege. Garden fresh greens - salad Applesauce Milk HS-alternates Taco salad Yogurt boat Grab&Go Grade 9-12
Chicken tender wrap with toppings Corn Southwest salad Peaches Milk HS-alternates Chef salad Hot Ham & cheese Grab&Go Grade 9-12	Walking taco Assorted toppings WW roll Fresh crunchy carrots Pears Milk HS-alternates Chef salad Fajita chicken Grab&Go Grade 9-12	Corn dog Tex Mex Bean Bake Broccoli craisin salad Tropical fruit Milk	Grab&Go Grade 9-12	Grab&Go Grade 9-12
25	26	27	28	29
Waffles/fruit topping Applesauce,Juice,Milk	Breakfast pizza Peaches, Juice, Milk	Apple Frudel Banana, Juice, Milk	Cereal, WW cinn. roll Pears, Juice, Milk	Turkey sausage bagel Pineapple, Juice, Milk
3 Meat pasta bake WW Bread & jelly Steamed broccoli Caesar salad Fresh fruit Milk HS-alternates Chef salad Breakfast bowl Grab&Go Grade 9-12	Beef hot dog on a WW bun, Baked beans Seasoned Corn Applesauce Milk HS-alternates Caesar chicken salad Fish on a bun Grab&Go Grade 9-12	Teriyaki chicken Rice Pilaf Glazed Carrots Banana fruit cup Dinner roll Milk HS-alternates Chef salad Tuscan chicken Grab&Go Grade 9-12	Garlic cheese bread Marinara sauce Greek Salad Peaches Milk  HS alternates Chef salad Pizza burger on a bun Grab&Go Grade 9-12	Taco Joe on a bun Potato wedges Green beans Garden greens salad Pears Milk HS-alternates Taco salad Caesar chicken wrap Grab&Go Grade 9-12
<b>Additional choices of fruits or vegetables are offered daily at each school.</b>  <b>Cereal is available as a breakfast alternate daily at each school.</b>		<b>Looking for Health or Nutrition resources? We have added site links with interactive games, activities, and funfacts.</b> <b>Just go to the Crosby- Ironton website and look under the Wellness tab.</b>		<b>Meal costs</b> <b>Breakfast -\$1.55</b> <b>at both schools</b> <b>Lunches</b> <b>C.R.E.S. - \$2.45</b> <b>H.S. - \$2.70</b>  <b>REMEMBER</b> <b>Each reimbursable</b> <b>meal must contain</b> <b>1/2 cup of fruit or</b> <b>vegetables.</b>