

Conard High School Menu - March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>FRESH SALAD PLATES AVAILABLE</p>			<p>1 Burger Bar Beef or Veggie with Assorted Toppings Cole Slaw E Crinkle Cut Fries Diced Peaches Assorted Fresh Fruits & Vegetables</p>
<p>4 Macaroni & Cheese D French Bread Stick Green Bean, Cranberry & Sunflower seed Salad Sliced Fresh Apple Assorted Fresh Fruits & Vegetables</p>	<p>5 Street Taco Pork or Chicken Carnita or Fajita Chicken Rice Bowl Lettuce, Salsa & Sour Cream D Black Bean & Corn Salad Pineapple Tidbits</p>	<p>6 Toasted Cheese Sandwich D Tomato Soup Crinkle Cut Fries Strawberry Cup Assorted Fresh Fruits & Vegetables</p>	<p>7 Cheese Tortellini or Pasta with Meat/Meatless Sauce Garlic Bread Stick Roasted Zucchini Juice Choice</p>	<p>8 Popcorn Chicken D Mashed Potato D & Gravy D Dinner Roll or Filet of Fish Sandwich E, D Vegetable Medley / Craisins</p>
<p>11 School-made Pizza with Cheese or Veggie Toppings Strawberry Spinach Salad Fresh Orange Assorted Fresh Fruits & Vegetables</p>	<p>12 Nachos Grande Seasoned Meat & Cheese Sauce D Lettuce, Salsa & Sour Cream D Black Beans Diced Peaches Assorted Fresh Fruits & Vegetables</p>	<p>13 Chicken & Waffle Sandwich E,D Crinkle Cut Fries Vegetarian Beans Cole Slaw E Applesauce Assorted Fresh Fruits & Vegetables</p>	<p>14 Cheese Stuffed Shells D,E or Pasta with Meat/Meatless Sauce Garlic Bread Stick Broccoli Normandy Mixed Fruit</p>	<p>15 Breaded Chicken Filet on a Soft Kaiser Roll Plain or Spicy or Filet of Fish Sandwich E,D Potato Salad E Steamed Corn / Juice Choice</p>
<p>18 Mozzarella Sticks D with Marinara Sauce Warm Bread Stick Spicy Fries Zucchini Parmesan Bake Fresh Apple Assorted Fresh Fruits & Vegetables</p>	<p>19 Quesadilla Chicken or Cheese or School Made Chili in a Combread Bowl Lettuce, Salsa & Sour Cream D Confetti Corn Salad Mandarin Oranges</p>	<p>20 Chicken Tenders Plain or Spicy Steamed Brown Rice with Gravy D Sauteed Green Peas Dinner Roll Mixed Fruit</p>	<p>21 Pasta with Chicken Alfredo or Pasta with Meat/Meatless Sauce Garlic Bread Stick Fresh Roasted Cauliflower Sliced Fresh Apple</p>	<p>22 Hot Dog on a Bun or Filet of Fish Sandwich E,D Vegetarian Beans Seasoned Potato Wedges Raisins Assorted Fresh Fruits & Vegetables</p>
<p>25 French Toast Sticks E,D Grilled Egg Patty E Sweet Potato Sticks Cucumber Salad Warm Cinnamon Apples Assorted Fresh Fruits & Vegetables</p>	<p>26 Nachos Grande Seasoned Meat & Cheese Sauce Lettuce, Salsa & Sour Cream D Spicy Black Beans Mixed Berry Cup Assorted Fresh Fruits & Vegetables</p>	<p>27 Burger Bar Beef & Veggie with Assorted Toppings Shredded Zucchini with Lemon Vinaigrette Crinkle Cut Fries Craisins</p>	<p>28 Chicken Parmesan or Pasta with Meat/Meatless Sauce Garlic Bread Stick Sauteed Spinach Diced Pears</p>	<p>29 Stuffed Crust Pizza D with Buffalo Chicken or Plain Cheese Cherry Tomato & Corn Salad Juice Choice Assorted Fresh Fruits & Vegetables</p>
<p>This institution is an equal opportunity provider</p>	<p>Milk Choices offered daily include low fat & fat free unflavored or flavored milk</p>		<p>Additional Fresh Fruits & Vegetable choices are offered daily with all meals.</p>	

Food allergy information: All hot meals are peanut and tree nut free and Trans Fat Free; most meals contain soy, wheat and gluten - Please contact Tim Prosinski, Food Service Director at (860)561-6610 to discuss an alternate meal plan for your child. Key: D = contains milk/dairy; E = contains egg; *Menu Subject to Change Without Notice