



Ilwaco High School MENU MARCH

2019!

Monday	Tuesday	Wednesday	Thursday	Friday
				3—1 Breakfast: Waffles Lunch: Chicken Drumstick, Fries, Mixed Veggies
3—4 Breakfast: Pancakes Lunch: Spaghetti w/Meat Sauce, Steamed Veggies, Garlic Bread	3—5 Breakfast: Cheese Omelet, Cereal Lunch: Taco Tuesday w/Lettuce, Cheese, Tomatoes, Refried Beans	3—6 Breakfast: French Toast Lunch: Beef or Chicken Nachos, Mexican Rice, Salsa	3—7 Breakfast: Breakfast Pizza Lunch: Rice w/Teriyaki Chicken, Oriental Veggies	3—8 Breakfast: Assorted Cereal, Fruit Lunch: Ravioli w/Meat Sauce, Green Beans, Garlic Bread Sticks
3—11 Breakfast: Yogurt Parfait Lunch: Lasagna w/Meat Sauce, Green Beans, Garlic Bread	3—12 Breakfast: Cinnamon Roll Lunch: Roast Turkey, Mashed Potatoes w/Gravy, Peas & Carrots	3—13 Breakfast: Scrambled Eggs, Cereal, Sausage Patty Lunch: Chicken Nachos, Refried Beans	3—14 Breakfast: Breakfast Burrito Lunch: Yakisoba Noodles, Orange Chicken, Oriental Veggies	3—15 Breakfast: Ham, Egg & Cheese Sandwich Lunch: BBQ Beef Rib Sandwich, Tater Tots, Seasoned Corn
3—18 Breakfast: Breakfast Burrito Lunch: Chicken Alfredo, Bread Stick, Mixed Veggies	3—19 Breakfast: Pancakes, Strawberries Lunch: Taco Tuesday	3—20 Breakfast: Breakfast Pizza Lunch: Beef Nachos, Refried Beans, Spanish Rice	3—21 Breakfast: Oatmeal, Boiled Eggs Lunch: Teriyaki Chicken w/Rice, Mixed Veggies	3—22 Whole Grain Pop Tart, Cereal Chicken Enchilada, Refried Beans, Mexican Rice
3—25 Breakfast Wrap, Cereal Pasta w/Meat Sauce or Alfredo, Garlic Bread, Steamed Veggies	3—26 Cheese Omelet, Cereal Turkey, Mashed Potatoes w/Gravy, Green Beans	3—27 Oatmeal, Hard Boiled Eggs Chicken Nachos, Beans, Green Salad	3—28 Egg, Sausage & Cheese Biscuit Orange Chicken, Jasmine Rice, Steamed Veggies	3—29 Waffles Beef Taco, Spanish Rice, Green Beans

USDA is an Equal Opportunity Provider

MENU SUBJECT TO CHANGE

Salad bar available daily. Choice of non-fat chocolate or 1% white milk served with every meal. Parents may arrange to eat meals with your student by calling the school. Adult meals – \$4.75. The supper program is offered at Ocean Park Elementary, Long Beach Elementary and Ilwaco High School.