

MARCH 2025

St. Henry Middle and High School

March is National Nutrition Month, raising awareness about the importance of good nutrition and physical activity habits. Start small by cutting back on sugary drinks and by taking a 10 minute walk outside.

Monday

Tater Tot Casserole **3**
 Baby Carrots
 Broccoli
 Fruit Salad
 Milk

Alt – Chicken Salad Sandwich

Vegetable Soup **10**
 Cheese Bread Stick
 Baby Carrots
 Peaches
 Milk

Alt - Deli Sandwich

Chicken Patty Sandwich **17**
 Carrots & Ranch
 Pineapple
 Potato Smiles
 Milk

Baked Potato Bar – No Salads
 Alt - Deli Sandwich

Hotdog Sandwich **24**
 Sweet Potato Fries
 Applesauce
 Milk

Nacho Bar – No Salads
 NO ALTERNATE

Chicken Fries **31**
 Baked Beans
 Pasta Salad
 Fruit Cocktail
 Milk

Alt - Deli Sandwich

Tuesday

Chipotle Bowl w/ Rice **4**
 Iceberg Lettuce, Cheese & Salsa
 Pears
 Refried Beans
 HS – Tortilla Chips
 Milk

Alt - Deli Sandwich

Sausage, Egg & Cheese Sandwich **11**
 Iceberg Lettuce
 Oranges
 Fruit
 Milk

Alt – Chicken Salad Sandwich

Loaded Tater tots **18**
 Toppings
 Black Beans
 Pears
 Soft Pretzel Stick
 Milk

Alt -Deli Sandwich

Taco Pizza **25**
 Iceberg Lettuce
 Black Beans
 Pineapple
 Chocolate Pudding
 Milk

Alt – Chicken Salad Sandwich

Wednesday

Macaroni and Cheese **5**
 Caesar Salad
 Strawberry Cups
 HS – Yogurt
 Milk

NO ALTERNATE

Fiesta Pocket **12**
 Black Beans
 Salsa
 Mandarin Oranges
 HS – Carnival Cookie
 Milk

Alt - Deli Sandwich

BBQ or Buffalo Pizza **19**
 Green Beans
 Baked Chips
 Frozen Yogurt
 Mandarin Oranges
 Milk

Alt – Chicken Salad Sandwich

French Toast Sticks/ Syrup **26**
 Turkey Sausage Link
 Baby Carrots
 Baked Apples
 HS – Maple Syrup Graham Crackers
 Milk

Alt - Deli Sandwich

Thursday

Popcorn Chicken Bowl **6**
 Mashed Potatoes
 Corn
 Peaches
 Butter Bread
 Milk

Alt - Deli Sandwich

Chicken Tender Wrap **13**
 Lettuce
 Sweet Potato Fries
 Pineapple
 Milk

Alt - Deli Sandwich

Pulled Pork Nachos **20**
 Toppings
 Coleslaw
 Applesauce
 Milk

Alt - Deli Sandwich

Cream Chicken **27**
 Mashed Potatoes
 Peaches
 Butter Bread
 Milk

Alt - Deli Sandwich

Friday

Grilled Cheese & Tomato Soup **7**
 Green Beans
 Frozen Sidekick
 Fruit
 Milk

NO ALTERNATE

Cheesy Rotini **14**
 Garlic Toast
 Caesar Salad
 Johnny Pop
 HS- Zee Zee Bar
 Milk

NO ALTERNATE

Pizza Cruncher w/ Sauce **21**
 Broccoli
 Sidekick
 Fruit
 Milk

NO ALTERNATE

Cheese Ripper **28**
 Spaghetti Sauce
 Cheese Stick
 Butter Bread
 Juice Box
 Milk

NO ALTERNATE



PLEASE NOTE: Menus are subject to change based on product availability
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