

MARCH 2019

PALMER RIDGE HIGH SCHOOL MENU

Lunch: \$3.00
 Reduced: \$.40
 Free: \$0.00

Monday
Tuesday
Wednesday
Thursday
Friday

Do you know that fruit juices are healthier than soda as they provide some antioxidants but they contain just as much sugar as soft drinks? Juice contains negligible amounts of fiber and this can cause you to drink a lot of juice. It is better to eat fresh fruits as the fiber in the fruit makes you feel fuller and it also helps slow the absorption of the sugar.

1
 Mini Corn Dogs
 Baked Potato Tots
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

4
 Sweet & Sour Chicken
 Steamed Brown Rice
 Broccoli
 Fortune Cookie
 Veggie & Fruit Bar
 Assorted Milk

5
 Baked Chicken Nuggets
 Cheesy Mashed Potatoes
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

6
 Beef & Cheese Calzone
 Seasoned Vegetables
 Veggie & Fruit Bar
 Assorted Milk

7
 Chicken & Cheese Quesadilla
 Roasted Corn & Black Beans
 Spanish Rice
 Veggie & Fruit Bar
 Assorted Milk

8
 Western BBQ Burger
 Baked Onion Rings
 Veggie & Fruit Bar
 Assorted Milk

11
 Vegetable Egg Roll
 Vegetable Fried Rice
 Fortune Cookie
 Fruit & Veggie Bar
 Assorted Milk

12
 Oven Baked Chicken
 Mashed Potatoes & Gravy
 Whole Wheat Roll
 Fruit & Veggie Bar
 Assorted Milk

13
 Penne Pasta with Alfredo
 Sauce
 Steamed Broccoli
 Homemade Roll
 Veggie & Fruit Bar
 Assorted Milk

14
 Chicken Enchilada
 Spanish Rice
 Cinnamon Churro
 Fruit & Veggie Bar
 Assorted Milk

15
 Chicken Fried Steak
 Mashed Potatoes & Gravy
 Fruit & Veggie Bar
 Assorted Milk

18
 Mandarin Orange Chicken
 Steamed Brown Rice
 Broccoli
 Fortune Cookie
 Veggie & Fruit Bar
 Assorted Milk

19
 Baked Chicken Nuggets
 Baked French Fries
 Chocolate Chip Cookie
 Fruit & Veggie Bar
 Assorted Milk

20
 Spaghetti & Meat Sauce
 Green Beans
 Fresh Roll
 Veggie & Fruit Bar
 Assorted Milk

21
 Taquitos
 Spanish Rice
 Cinnamon Churro
 Fruit & Veggie Bar
 Assorted Milk

22
No School

25
Spring Break
No School

26
Spring Break
No School

27
Spring Break
No School

28
Spring Break
No School

29
Spring Break
No School

There is a choice of entrees served daily with unlimited fruit and vegetable bar
 A different entree is offered daily or a choice of the following entrees are also available:

- Specialty Pizza
- Chicken Patty Sandwich
- Hamburger on Bun
- Grab N' Go Salads

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PAY FOR MEALS ONLINE
 MySchoolBucks.com

