

BREAKFAST

LUNCH

MARCH 2019

Heard Middle School

Monday

Tuesday

Wednesday

Thursday

Friday

Mini Cinnis

4

- (1) Corn Dog
- (2) Breaded Chicken Sandwich
- (3) Stuffed Crust Pizza
- Waffle Fries, Corn

Sausage Biscuit

5

- (1) Smart Mouth Pizza
- (2) Sweet & Sour Chicken/Rice
- (3) Ham & Cheese Sub
- Baby Carrots, Broccoli

Glazed Donut

6

- (1) Smart Mouth Pizza
- (2) Chicken and Waffles
- (3) French Toast/Sausage
- Green Beans, Tater Tots

No School

7

No School

8

Chicken Biscuit

1

- (1) Stuffed Breadsticks w/ Marinara
- (2) Tater Tot Casserole w/ Roll
- (3) Braves Box – Egg Salad
- Corn, Veggie Dippers, Cookie

Mini Cinnis

11

- (1) Burger Sliders
- (2) Chicken Tenders w/ Roll
- (3) Stuffed Crust Pizza
- Waffle Fries, Baby Carrots

Sausage Biscuit

12

- (1) Smart Mouth Pizza
- (2) Spaghetti w/ Meat Sauce & Stuffed Breadstick
- (3) Turkey Cheese Sub
- Broccoli, Side Salad

Glazed Donut

13

- (1) Smart Mouth Pizza
- (2) Crispos w/ Cheese Sauce
- (3) Egg Salad Wrap
- Baby Carrots, Cheesy Refried Beans

Pop-Tart w/ Strawberry Yogurt

14

- (1) Breaded Chicken Sandwich
- (2) Nachos Grande
- (3) Ham & Cheese Sub
- Corn, Cucumber Slices

Chicken Biscuit

15

- (1) Steak Nuggets w/ Roll
- (2) BBQ Pork Sandwich
- (3) Stuffed Crust Pizza
- Spicy Cabbage, Mashed Potatoes

Pancake on a Stick

18

- (1) Hickory Tots & Cornbread
- (2) Hot Dog
- (3) Stuffed Crust Pizza
- Ranch Style Pinto Beans, Tater Tots

Sausage Biscuit

19

- (1) Smart Mouth Pizza
- (2) Buffalo Chicken Bites w/ Roll
- (3) Chicken Alfredo & Stuffed Breadstick
- Broccoli, Carrots/Celery

Mini Blueberry Pancakes

20

- (1) Smart Mouth Pizza
- (2) Chicken Tenders w/ Roll
- (3) Buffalo Chicken Wrap
- Side Salad, Roasted Carrots

Cinnamon Bun

21

- (1) Chicken Bites w/ Mac & Cheese
- (2) Country-fried Steak w/ Roll
- (3) Meatball Sub
- Green Peas, Mashed Potatoes

Chicken Biscuit

22

- (1) Breaded Chicken Sandwich
- (2) Tater Tot Casserole w/ Roll
- (3) Turkey & Cheese Wrap
- Corn, Veggie Dippers, Cookie

Mini Cinnis

25

- (1) Corn Dog
- (2) Chicken Bites w/ Roll
- (3) Stuffed Crust Pizza
- Waffle Fries, Corn

Sausage Biscuit

26

- (1) Smart Mouth Pizza
- (2) Sweet & Sour Chicken/Rice
- (3) Ham & Cheese Sub
- Baby Carrots, Broccoli

Glazed Donut

27

- (1) Smart Mouth Pizza
- (2) Beef Enchiladas
- (3) Mozzarella Sticks w/ Marinara
- Baby Carrots, Cheesy Refried Beans

Pop-Tart w/ Strawberry Yogurt

28

- (1) Stuffed Breadsticks w/ Marinara
- (2) Oven-fried Chicken w/ Roll
- (3) Turkey & Cheese Wrap
- Corn, Turnip Greens

Chicken Biscuit

29

- (1) Steak Nuggets w/ Roll
- (2) Cheeseburger Mac w/ Roll
- (3) Stuffed Crust Pizza
- Green Beans, Mashed Potatoes

Menus are subject to change.
 Choice of milk and assorted fruit/ juice offered daily.
 This is an equal opportunity provider.