

Fresh fruit, honey bun, cereal, juice, and milk*
offered daily as breakfast choices.

Homemade Muffins on Mondays

* 8 oz.—1% white, non-fat chocolate, or lactose-free milk

**Breakfast & Lunch Menu
March 2020
Selah Middle School**

Deli sandwich**, salad, carrots, fresh fruit, and milk*
offered daily with lunch.

*8 oz.—1% white, non-fat chocolate, lactose-free milk

** Ham or Turkey, with/without cheese

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

NATIONAL BREAKFAST WEEK March 2-6
Try our all new, homemade breakfast items!

<p>2) Breakfast - Tropical Smoothie</p> <p>Chicken N Waffles French Bread Pizza Chicken Tortilla Soup/ WG Roll</p> <p>Choice of: cauliflower, clementines</p>	<p>3) Breakfast - Homemade Biscuit Breakfast Sandwich</p> <p>Beef Stroganoff Cheese Quesadilla/Salsa Orange Glazed Chicken Wrap</p> <p>Choice of: broccoli, peaches</p>	<p>4) Breakfast - Tutti Frutti Pizza</p> <p>Soft Chicken Taco Corn Dog Cheeseburger</p> <p>Choice of: tomato, pears</p>	<p>5) Breakfast - Breakfast Zombie</p> <p>Spaghetti/Breadstick Chickenwich Asian Chicken Salad/WG Roll</p> <p>Choice of: peas, fresh apple slices</p>	<p>6) Breakfast - Triple Berry Scone</p> <p>Teriyaki Chicken/Egg Roll/Rice Nachos/Cheese/SF Seeds Buffalo Chicken Wrap</p> <p>Choice of: roasted chickpeas, mixed fruit</p>
<p>9) Breakfast - Yogurt, Cereal</p> <p>Chicken Alfredo/Breadstick Pulled Pork Sandwich Chicken Caesar Salad/Croutons</p> <p>Choice of: coleslaw, applesauce</p>	<p>10) Breakfast - Homemade Muffin</p> <p>Popcorn Chicken Bowl Cheeseburger Sliders Fresh Turkey Sandwich</p> <p>Choice of: corn, kiwi</p>	<p>11) Breakfast - Bagel/Cream Cheese</p> <p>Chicken Noodle Stir Fry Chicken/Cheese/Bean Burrito Cobb Salad/WG Roll ☆</p> <p>Choice of: celery, pears</p>	<p>12) Breakfast - Pancakes, Syrup</p> <p>Beef Enchilada Chicken Nuggets/Garlic Toast Chicken Salad Croissant</p> <p>Choice of: refried beans, fresh pineapple</p>	<p>13) Breakfast- Breakfast Pizza</p> <p>Domino's Pizza Chicken Drumstick/WG Roll Chicken Thai Sweet Chili/Rice</p> <p>Choice of: peppers, mixed fruit</p>
<p>16) Breakfast - Ham/Cheese Omelet Breakfast Sandwich</p> <p>Macho Nacho Burger ☆ Mini Corn Dogs Meatball Sub</p> <p>Choice of: cauliflower, apple slices</p>	<p>17) Breakfast - Apple Cinnamon Breakfast Square</p> <p>Cajun Chicken Sandwich w/dill pickle ☆ Taco Salad Buffalo Chicken Salad/WG Roll</p> <p>Choice of: garbanzo beans, orange wedges</p>	<p>18) Breakfast - French Toast, Syrup</p> <p>Cheese Zombie Hamburger Chicken Caesar Wrap</p> <p>Choice of: tomato soup, banana</p>	<p>19) Breakfast - Yogurt Parfait</p> <p> Chicken Tender Basket Beef and Bean Burrito Hello Spring! Salad</p> <p>Choice of: broccoli, mixed berry cup</p>	<p>20) Breakfast - Pancakes, Syrup</p> <p> Mac n Cheese Pepperoni Ripper Turkey Bacon Wrap</p> <p>Choice of: corn, applesauce</p>
<p>23) Breakfast - Pancakes/Sausage Stick/Syrup</p> <p>Shepherd's Pie Popcorn Chicken/Garlic Toast Ham & Swiss Sandwich</p> <p>Choice of: celery, mixed fruit</p>	<p>24) Breakfast - Yogurt, Cereal</p> <p>BBQ Chicken Sandwich Chili Dog Spicy Chicken Wrap</p> <p>Choice of: baked beans, mandarin orange fruit mix</p>	<p>25) Breakfast-Homemade muffin</p> <p>Turkey Gravy/Whole Grain Roll Fishwich</p> <p>Choice of: peas, peaches</p>	<p>26) Breakfast - Waffles, Syrup</p> <p>Mandarin Orange Chicken/Rice Chicken Crispito Strawberry & Spinach Salad ☆</p> <p>Choice of: peppers, applesauce</p>	<p>27) Breakfast - Bagel, Cream Cheese</p> <p>Shredded Pork Burrito Pizza Sticks/Marinara Italian Sub Sandwich</p> <p>Choice of: broccoli, pears</p>
<p>30) Breakfast - Fresh Fruit Smoothie, Graham Cracker</p> <p>Teriyaki Dippers/Rice Domino's Pizza Roasted Chicken/WG Roll</p> <p>Choice of: vegetarian beans, orange wedges</p>	<p>31) Breakfast - French Toast Sticks, Syrup</p> <p>Early Dismissal No Lunch Served at HS, MS, ELC</p> <p>CONFERENCE WEEK</p>	<p>This institution is an equal opportunity provider. Menu items may be changed without notice.</p> <p>☆ Look for the star and try our all new lunch items too!</p>	<p>March is: </p> <p>National Nutrition Month</p> <p></p>	<p>Word of the month: In building The Viking Way culture, "Knowledge" being a life long learner!</p>