



ICCSD Northwest Jr. High Lunch Menu -- March 2012



Pick a Better Snack: March 5 - Radishes; March 19 - Sweet Peas; March 26 Broccoli

Monday	Tuesday	Wednesday	Thursday	Friday
<p> Items contain pork</p> <p>*All meals include choice of 1% white or skim white, chocolate, or strawberry milk.</p> <p>WG = whole grain WW = whole wheat</p>	<p>This institution is an equal opportunity provider</p>	<p>On line deposits are now available at http://iowa-city.revtrak.net School Dining Log-in ID and password are needed. Contact 688-1254 OR 688-1021 for log-in information</p>	<p>1) Beef & Bean Chili Chicken Alfredo Cuban BBQ Pork Goldfish Crackers Baked Potato & Margarine Baby Carrots w/ Dip Chilled Pear Half</p>	<p>2) Green Eggs & Turkey Ham Lasagna Roll Up All Meat Hot Dog & bun Sam I Am's Crispy Cube Potatoes/One Fish Two Fish Assorted Juice Fish Yertle Turtle Kiwi Cat in the Hat's Streusel Coffee Cake</p>
<p>5) Sweet & Sour Pork </p> <p style="padding-left: 20px;">Beef Taco Cheese Quesadilla Orange Rice Pilaf Chilled Pineapple Tidbits, Pea Salad Chilled Rosy Applesauce Celery Sticks & Dip Wheat Bread & Jelly Fortune Cookie</p>	<p>6) Meatball Hero Sandwich Hot & Spicy Chicken Patty or Grilled Cheese Sandwich Mixed Greens w/ Dressing Steamed Corn Fresh Apple Wedges Marinated Black Bean Salad Animal Crackers</p>	<p>7) Macaroni & Cheese w/ Cocktail Smokies </p> <p style="padding-left: 20px;">Crispy Chicken Salad Beef Pattie Sandwich Broccoli Raisin Salad Fresh Orange Wedges Frosted Cinnamon Roll</p>	<p>8) Cranberry Orange Chicken Pattie Sweet & Sour Pork Italian Dunkers & Cheesy Bread Brown Rice Pilaf Fresh Spinach Salad Chilled Pineapple Tidbits & Mandarin Orange</p>	<p>9) Cheese Filled Bread Sticks/ Marinara Sauce Thick Crust Pepperoni Pizza WG Chicken Strips Steamed Broccoli Florets Baby Carrots & Dip Chilled Pears Shamrock Sugar Cookie</p>
<p>12) SPRING BREAK</p>	<p>13) SPRING BREAK</p>	<p>14) SPRING BREAK</p>	<p>15) SPRING BREAK</p>	<p>16) SPRING BREAK</p>
<p>19) Bean & Cheese Burrito, Salsa Cheeseburger Macaroni Turkey Tetrizzini Spanish Rice Roasted Carrots Sticks w/Oregano Celery Sticks & Dip Chilled Fruit Cocktail Corn Bread</p>	<p>20) Turkey Taco/ WW Tortilla Shredded Cheese & Salsa Chicken Quesadilla Shepherd's Pie Shredded Lettuce w/ Dressing Refried Beans Cinnamon Apple Slices Bear Grahams</p>	<p>21) Popcorn Chicken, BBQ Sauce, String Cheese Tuna Casserole Cheeseburger Sandwich Vegetarian Baked Beans Fresh Orange Wedges Wheat Roll & Jelly</p>	<p>22) Chicken Strips Beef Stroganoff Cheddar Cheese Omelet Choice of Two: Baby Carrots, Celery Sticks, Chilled Applesauce Cup, Peach Cup Fresh Biscuit & Jelly</p>	<p>23) Cheddar Cheese Sauce Baked Tostitos Scoops Baked Lasagna Italian Turkey Combo Sub Fresh Veggie Salad Marinated Black Bean Salad Chilled Pears Cherry Crisp</p>
<p>26) BBQ Pork Sandwich Beef Stir Fry Open Face Turkey Sandwich Baked Sweet Potato Tots Chilled Mixed Fruit Fresh Apple Wedges Animal Crackers</p>	<p>27) Chicken Fajita/WW Tortilla Shredded Lettuce/Cheese/Salsa Pepperoni Pizza Pockets Hot Beef Sandwich w/Au Jus Sauce Brown Rice w/ Carrots & Dill Chilled Peaches Corn Bread/Honey</p>	<p>28) Breaded Mozzarella Cheese Sticks & Sauce Breakfast Bagel Chicken Fried Rice Fresh Spinach Salad Steamed Broccoli Normandy Fresh Orange Wedges Chilled Applesauce</p>	<p>29) Turkey Noodle Soup Mini Corn Dogs Tater Tot Casserole French Toast Baby Carrots & Dip Natural Cut Fries Chilled Fruit Cocktail Goldfish Crackers Oatmeal Cherry Cookie</p>	<p>30) Seasoned Baked Chicken BBQ Pork Rob Sandwich Cheese Max Sticks Baked Potato & Marg. Chilled Veggie Pasta Salad Chilled Peaches Wacky Cake</p>
				<p>Happy Birthday</p>