



# Kingsford High School March 2023 Menu



**\*Salad bar and fruit bar are back again this year\***

Each day students will have 3 choices:

pizza, a sandwich (hamburger, turkey sub or 3 meat sub), and a rotating choice-listed below

		Wednesday 1	Thursday 2	Friday 3
WG - Whole Grain		Cheesy Garlic Bread	Tangerine Chicken	
M - Meat/Meat Alternate		Broccoli	Oriental Veggies	
DG - Dark Green		Fruit Salad	Rice Pineapple	
S - Starchy		Fruit and & Salad Bar	Fruit and & Salad Bar	1/2 Day of School
RO - Red-Orange		Milk	Milk	
BP - Beans/Peas (Legumes)				
O - Other				

Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Chicken Parmesaen	Taco's	Lasagna Roll Up's	Chicken Nuggets	Fish Sandwich or Egg
Sandwich or 3 Meat Sub	Refried Beans	Corn	Green Beans	Salad Sandwich
Steamed Carrots	Peaches	Dinner Roll	Mixed Fruit	Peas and Carrots
Sliced Apples	Fruit and & Salad Bar	Pineapple	Fruit and & Salad Bar	Mandarin Oranges
Fruit and & Salad Bar	Milk	Fruit and & Salad Bar	Milk	Fruit and & Salad Bar
Milk		Milk		Milk

Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Meatball Sub	Flivver Bowl	Bacon Cheeseburgers	Wet burrito	
Normandy Blend Veggie	Mashed Potatoes	Peas	Refried Beans	
Strawberry/Mango Slushy	Corn	Cherries	Mandarin Oranges	
Fruit and & Salad Bar	Fruit Cocktail	Fruit and & Salad Bar	Fruit and & Salad Bar	1/2 Day of School
Milk	Fruit and & Salad Bar	Milk	Milk	
	Milk			

Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Hot and Spicy Chix Sand	Turkey Bacon Melt	Rotini and Meat Sauce	Flivver Wrap	Cheese/Meat Ravioli
Key West Veggies	Sweet Potatoes	Riviera blend Veggie	Winter Blend Veggies	Steamed Broccoli
Bananas	Fruit Cocktail	Peaches	Pineapple	Pears
Fruit and & Salad Bar	Fruit and & Salad Bar	Fruit and & Salad Bar	Fruit and & Salad Bar	Fruit and & Salad Bar
Milk	Milk	Milk	Milk	Milk

Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Toasted Spicy Subs	Chicken Quesadila	Italian Chicken Sandwich	Pork Chops	Bosco Sticks
Brussel Sprouts	Refried Beans	Key West Veggies	Augratin Potatoes	Marinara Sauce
Apples with Cinnamon	Pears	Strawberry Cups	Buttered Corn	Green Beans
Fruit and & Salad Bar	Fruit and & Salad Bar	Fruit and & Salad Bar	Applesauce	Fresh Apples
Milk	Milk	Milk	Fruit and & Salad Bar	Fruit and & Salad Bar
			Milk	Milk

\*\*Food service is having a hard time getting food so the menu can change without notice\*\*

### SCHOOL MEALS INFORMATION

Student Breakfast and Lunch:

Your first meal will be free. If you want a second meal, you must have money on your account as you will be charged for it.