



**FOOD FOCUS: Cruciferous Vegetable**

CAIRO JR./ SR. HIGH SCHOOL: MARCH 1st-2nd, 2018 LUNCH MENU

Monday

Tuesday

Wednesday

Thursday

Friday

American Classics				Chicken Alfredo Pasta	Cheese Stuffed Breadstick
				Herb Breadstick	Marinara Sauce
Sides For All Meals				Baked French Fries	Seasoned Corn
				Ham & Turkey Chef Salad w/ Croutons and Dinner Roll	Ham & Turkey Chef Salad w/ Croutons and Dinner Roll
Wild Greens				Pepperoni Pizza	Pepperoni Pizza
2 <sup>mate</sup>				Cheese Pizza	Cheese Pizza
				Spicy Chicken Sandwich	Three Cheese Pretzel Sandwich
grill'd				Caesar Salad	Lettuce & Tomato Side Salad
				Seasoned Broccoli	Baby Carrots
extra <sup>extra</sup>				Fresh Red Grapes	Luigi Fruit Slush
				Whole Fresh Fruit	Whole Fresh Fruit
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes &amp; one (1) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;">This Institution is an equal opportunity employer and provider.</p> <p style="text-align: right;">Menu may change without notice.</p>					





FOOD FOCUS: Cruciferous Vegetable

CAIRO JR./SR. HIGH SCHOOL: MARCH 5th-9th,2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

American Classics	No School	Taco Nachos	Salisbury Steak	Biscuit & Gravy w/ Pork Sausage Patty	Cheese Stuffed Breadsticks
			Dinner Roll		Marinara Sauce
Sides For All Meals		Tater Tots	Mashed Potatoes w/ Choice of Brown Gravy	Hash Brown	Seasoned Corn
Wild Greens		Ham & Turkey Chef Salas/CROUTONS & Dinner Roll	Ham & Turkey Chef Salas/CROUTONS & Dinner Roll	Ham & Turkey Chef Salas/CROUTONS & Dinner Roll	Ham & Turkey Chef Salas/CROUTONS & Dinner Roll
2		Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
		Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
grill'd		Crispy Chicken Sandwich	Three Cheese Pretzel Sandwich	Crispy Chicken Sandwich	Spicy Chicken Sandwich
extra extra		Lettuce & Tomato Side Salad	Lettuce & Tomato Side Salad	Lettuce & Tomato Side Salad	Lettuce & Tomato Side Salad
		Seasoned Black Beans	Seasoned Green Beans	Baby carrots	Cherry Tomatoes
	Fruit Punch Juice	Red Seedless Grapes	Orange Wedges	Luigi Fruit Slush	
	Fresh Whole Fruit	Fresh Whole Fruit	Fruit Crisp	Fresh Whole Fruit	
			Fresh Whole Fruit		
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes &amp; two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p>This institution is an equal opportunity provider.</p>					



FOOD FOCUS: Cruciferous Vegetables

CAIRO JR./SR. HIGH SCHOOL MARCH 12th-16th, 2018 LUNCH MENU

Monday Tuesday Wednesday Thursday Friday

     	Popcorn Chicken & Mojo Sauce	Chicken Noodle Soup	Taco Nachos	BBQ Roasted Chicken	Pork Stir Fry
	Dinner Roll	Grilled Cheese		Dinner Rolls	Dinner Roll
	Baked French Fries	Mashed Potatoes	Tater Tots	Potato Salad	Seasoned Corn
	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll
	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza
	Corn Dog	Crispy Chicken Sandwich	Three Cheese Pretzel Sandwich	Crispy Chicken Sandwich	Spicy Chicken Sandwich
	Caesar Side Salad	Caesar Side Salad	Caesar Side Salad	Caesar Side Salad	Caesar Side Salad
	Baby Carrots	Sliced Cucumber	Refried Beans	Fresh Broccoli Florets	Sesame Soy Carrots
	Red Apple Half	Pineapple Tidbits	Luige's Fruit Slush	Orange Juice	Diced Peaches
Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes &amp; two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p style="text-align: center;"><b>This institution is an equal opportunity employer and provider.</b></p>					





**FOOD FOCUS: Cruciferous Vegetable**

**CAIRO JR /SR HIGH SCHOOL: MARCH 19th-23rd 2018 LUNCH MENU**

**Monday                      Tuesday                      Wednesday                      Thursday                      Friday**

American Classics	Chicken Tenders & Country Gravy	Taco Nacho	Spaghetti w/ Meat Sauce	Mini Corn Dogs	Cheeseburger
	Buttered Toast		Herb breadstick		
Sides For All Meals	Mashed Potatoes	Tater Tots	Curly Fries	Baked French Fries	Mixed Vegetables
	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll	Ham & Turkey Chef Salad w/ Croutons & Dinner Roll
Wild Greens	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza	Pepperoni Pizza
	Cheese Pizza	Cheese Pizza	Cheese Pizza	Cheese Pizza	
grill'd	Corn Dog	Crispy Chicken Sandwich	Three Cheese Pretzel Sandwich	Crispy Chicken Sandwich	Spicy Chicken Sandwich
	Spinach Cranberry Salad	Spinach Cranberry Salad	Spinach Cranberry Salad	Spinach Cranberry Salad	Spinach Cranberry Salad
extra extra	Grape Tomatoes	Spicy Garbanzo Beans	Sliced Cucumber	Seasoned Carrots	Seasoned Broccoli
	Baked Apples	Red Apple Half	Mandarin Oranges & Pineapples	Mixed Fruit Cocktail	Rosy Applesauce
	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit	Fresh Whole Fruit
<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes &amp; two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p>This institution is an opportunity provider.</p>					



**FOOD FOCUS: Red & Orange Vegetables**

**CAIRO JR./ SR. HIGH SCHOOL : MARCH 26th-30th, 2018 LUNCH MENU**

**Monday                      Tuesday                      Wednesday                      Thursday                      Friday**

     	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>	<b>No School</b>
	<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>	<b>Spring Break</b>
	<p>A full student lunch includes a choice of entrée supplying protein and grain, two (2) vegetable side dishes &amp; two (2) fruit side dishes, and a choice of milk. Milk choices include 1% white and skim chocolate.</p> <p><b>This Institution is an equal opportunity employer and provider.</b></p>				