

**Massac Unit 1**  
**008 - MASSAC CO. HIGH SCHOOL LUNCH 9-12**  
**MARCH 2010 LUNCH MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Mar - 2</p> <p>May select (1) *Entree  *Ham/Chs Chef Salad Meal  * CHS/burger/MxdGrain  8" WRAPSandwich  *HOTHAM/CHEESE/bun  May take 2 fruit/veg.offered  FRENCH FRIES  BAKED BEANS  FRUIT CHOICE  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>	<p>Mar - 3</p> <p>DOMINO'S PIZZA  by the SLICE  *HOTHAM/CHEESE/bun  * CHS/burger/MxdGrain  * Deli Turkeyw/wheat bun  May take 2 fruit/veg.offered  FRENCH FRIES  MINI SALAD BAR  MINI FRUIT BAR  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE</p>	<p>Mar - 4</p> <p>May select (1) *Entree  *Egg/Cheese Chef Salad  * CHS/burger/MxdGrain  *MANAGER'S ENTREE  *TACO SALAD/salsa/chips  May take 2 fruit/veg.offered  FRENCH FRIES  Baby Limas  PEACHES  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>	<p>Mar - 5</p> <p>May select (1) *Entree  *Club Chef Salad  * CHS/burger/MxdGrain  *FISH FILLET/w tarter sauce  Sloppy Joe/Bun  May take 2 fruit/veg.offered  BAKED FRENCH FRIES  Seasoned POTA Wedge  MIXED FRUIT  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>
<p>Mar - 8</p> <p>May select (1) *Entree  *Cheese Chef Salad  * CHS/burger/MxdGrain  *GrilledCHICKEN/Wbun  May take 2 fruit/veg.offered  FRENCH FRIES  CORN NIBLETS  SALAD BEETS (iron)  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>	<p>Mar - 9</p> <p>May select (1) *Entree  *Tky/Chs Chef Salad  * CHS/burger/MxdGrain  * TKY/HAM/CHS wg/wrap  *HONEYBBQRIB/multi-grai  May take 2 fruit/veg.offered  FRENCH FRIES  BROCCOLI  MIXED FRUIT  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>	<p>Mar - 10</p> <p>DOMINO'S PIZZA  by the SLICE  * CHS/burger/MxdGrain  *MANAGER'S ENTREE  * Deli Turkeyw/wheat bun  May take 2 fruit/veg.offered  FRENCH FRIES  MINI SALAD BAR  MINI FRUIT BAR  Varity FRESH Fruit/Veg.  May take:MILK "choice"1%</p>	<p>Mar - 11</p> <p>May select (1) *Entree  *Club Chef Salad  * CHS/burger/MxdGrain  Wrapped HOGIE Sandwich  *SPAGHETTI/MEATSauce  May take 2 fruit/veg.offered  FRENCH FRIES  GREEN BEANS  BANANA/PINEAPPLE CUP  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>	<p>Mar - 12</p> <p>May select (1) *Entree  *Club Chef Salad  * CHS/burger/MxdGrain  *FISH FILLET/w tarter sauce  *OVEN FRIED CHICKEN  May take 2 fruit/veg.offered  FRENCH FRIES  POTATOES/fat freegravy  ROSY APPLESAUCE  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>
<p>Mar - 15</p> <p>May select (1) *Entree  *Cheese Chef Salad  * CHS/burger/MxdGrain  B'rd CHICKEN Fingers  May take 2 fruit/veg.offered  FRENCH FRIES  POTATOES/fat freegravy  ROSY APPLESAUCE  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>	<p>Mar - 16</p> <p>May select (1) *Entree  *Ham/Chs Chef Salad Meal  * CHS/burger/MxdGrain  8" WRAPSandwich  RAVIOLI w/cheese  May take 2 fruit/veg.offered  FRENCH FRIES  PEAS &amp; CARROTS  Homemade APPLE Crisp  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.  FROZEN YOGURT/Sherbet</p>	<p>Mar - 17</p> <p>DOMINO'S PIZZA  by the SLICE  * CHS/burger/MxdGrain  *HOTHAM/CHEESE/bun  * Deli Turkeyw/wheat bun  May take 2 fruit/veg.offered  FRENCH FRIES  MINI SALAD BAR  MINI FRUIT BAR  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE</p>	<p>Mar - 18</p> <p>May select (1) *Entree  *Egg/Cheese Chef Salad  * CHS/burger/MxdGrain  CHICKN TACO/CHESE  w/ softshell  *TACO SALAD/salsa/chips  May take 2 fruit/veg.offered  FRENCH FRIES  SUCCOTASH  PEACHES  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>	<p>Mar - 19</p> <p>May select (1) *Entree  *Club Chef Salad  * CHS/burger/MxdGrain  *FISH FILLET/w tarter sauce  Sloppy Joe/Bun  May take 2 fruit/veg.offered  BAKED FRENCH FRIES  Seasoned POTA Wedge  MIXED FRUIT  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>
<p>Mar - 22</p> <p>EASTER LUNCH  *Cheese Chef Salad  * CHS/burger/MxdGrain  HAM SLICE  May take 2 fruit/veg.offered  FRENCH FRIES  SCALLOPED POTATOES  CARROTS  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>	<p>Mar - 23</p> <p>May select (1) *Entree  *Tky/Chs Chef Salad  * CHS/burger/MxdGrain  * TKY/HAM/CHS wg/wrap  *HONEYBBQRIB/multi-grai  May take 2 fruit/veg.offered  FRENCH FRIES  GREEN PEAS  Chilled APPLEsauce  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>	<p>Mar - 24</p> <p>DOMINO'S PIZZA  by the SLICE  * CHS/burger/MxdGrain  SALAD SANDWICH  * Deli Turkeyw/wheat bun  May take 2 fruit/veg.offered  FRENCH FRIES  MINI SALAD BAR  MINI FRUIT BAR  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE</p>	<p>Mar - 25</p> <p>May select (1) *Entree  *Egg/Cheese Chef Salad  * CHS/burger/MxdGrain  Wrapped HOGIE Sandwich  *SPAGHETTI/MEATSauce  May take 2 fruit/veg.offered  FRENCH FRIES  GREEN BEANS  BANANA/PINEAPPLE CUP  FRESH VEGGI CHOICE  FRESH FRUIT CHOICE  Cracker/Bread/Bread Alt.</p>	<p>Mar - 26</p> <p>May select (1) *Entree  *Club Chef Salad  * CHS/burger/MxdGrain  *FISH FILLET/w tarter sauce  *TACO SALAD/salsa/chips  May take 2 fruit/veg.offered  FRENCH FRIES  Seasoned POTA Wedge  ROSY APPLESAUCE  FRESH VEGGI CHOICE  FRESH FRUIT CUP  Cracker/Bread/Bread Alt.</p>

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Mar - 29  May select (1) *Entree *Cheese Chef Salad * CHS/burger/MxdGrain B'rd CHICKEN Fingers May take 2 fruit/veg.offered FRENCH FRIES POTATOES/fat freegravy ROSY APPLESAUCE FRESH VEGGI CHOICE FRESH FRUIT CHOICE Cracker/Bread/Bread Alt.	Mar - 30  BIRTHDAY SMILE DAY! *Club Chef Salad * CHS/burger/MxdGrain *MANAGER'S ENTREE Breaded CHICKENPatty May take 2 fruit/veg.offered BAKED FRENCH FRIES LETTUCE/TOMATO/DILL Chilled APPLEsauce FRESH VEGGI CHOICE FRESH FRUIT CHOICE Cracker/Bread/Bread Alt. 1 oz. Free Cookie Choice	Mar - 31  DOMINO'S PIZZA by the SLICE * CHS/burger/MxdGrain *HOTHAM/CHEESE/bun * Deli Turkeyw/wheat bun May take 2 fruit/veg.offered FRENCH FRIES MINI SALAD BAR MINI FRUIT BAR FRESH VEGGI CHOICE FRESH FRUIT CHOICE		

USDA, the State of Illinois and Massac Unit # 1 are equal opportunity providers. Students are encouraged to select a complete meal, under USDA guidelines, lunches include the following \*EntreeChoice/w one or two fruit or vegetable:

Bread/alt\*Milk. A minimum of three components must be must be selected & no more than five. Breakfast includes:Choice Entree variety w/juice or fruit and milk.Menu subject to change.Manager \*Entree check school web-site or school menu for additional choices.