




well hello,  
**march**

2017

# Middle/High Hot Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>  Spaghetti w/ Meat Sauce WG Garlic breadstick Steamed Broccoli Fresh Pear Strawberries White or Chocolate Skim Milk	<b>2</b>  BBQ Chicken(GF) Red Rice Butter Beans Red Apple Tangerine White or Chocolate Skim Milk	<b>3</b>  Chicken & Cheese Quesadilla w/ Sriracha Ranch Sauce Corn & Black Bean Salad Pico de Gallo Granny Smith Apple Pineapple Tidbits White or Chocolate Skim Milk
	<b>6</b>  Teriyaki Chicken Brown Rice Honey Ginger Glazed Carrots Red Apple Fresh Orange Fortune Cookies White or Chocolate Skim Milk	<b>7</b>  Beef Soft Taco on WW Wrap Spanish Rice, Black Bean & Corn Salad Pico de Gallo, Sour Cream Lettuce & Cheese Golden Apple Fresh Strawberries White or Chocolate Skim Milk	<b>8</b>  Baked Macaroni & Cheese WG Dinner Roll w/ Margarine Cup Steamed Green Beans Fresh Pear, Tangerine White or Chocolate Skim Milk	<b>9</b>  Salisbury Steak w/ Gravy WG Garlic Breadstick Garlic Mashed Red Potatoes Steamed Broccoli Red Apple, Fresh Orange White or Chocolate Skim Milk
<b>13</b>  Chicken & Rice Honey Ginger Glazed Carrots Red Apple Fresh Orange White or Chocolate Skim Milk	<b>14</b>  Nachos w/ Scoops Spanish Rice Fiesta Corn Pico de Gallo Lettuce & Cheese LF Sour Cream Golden Apple, Fresh Strawberries White or Chocolate Skim Milk	<b>15</b>  Honey BBQ Boneless Wings Red Rice Butter Beans Fresh Pear Tangerine White or Chocolate Skim Milk <b>Early Dismissal/PD Day</b>	<b>16</b>  Chicken & Waffles w/ Maple Syrup Sweet Spinach Salad Rosemary Roasted Potato Wedges Red Apple Fresh Orange White or Chocolate Skim Milk	  Chicken & Cheese Quesadilla w/ Sriracha Ranch Sauce Corn & Black Bean Salad Pico de Gallo Granny Smith Apple Pineapple Tidbits White or Chocolate Skim Milk
<b>20</b>  Orange Chicken Brown Rice Honey Ginger Glazed Carrots Red Apple Fresh Orange Fortune Cookie White or Chocolate Skim Milk	<b>21</b>  Grilled Monterey Jack Cheese Sandwich on Multi Grain Bread Homemade Tomato Basil Soup Rosemary Roasted Potato Wedges Golden Apple Fresh Orange White or Chocolate Skim Milk	<b>22</b>  Spaghetti w/ Meat Sauce WG Garlic breadstick Steamed Broccoli Fresh Pear Strawberries White or Chocolate Skim Milk	<b>23</b>  BBQ Chicken(GF) Red Rice Butter Beans Red Apple Tangerine White or Chocolate Skim Milk	<b>24</b>  <b>TEACHER WORK DAY NO SCHOOL</b>
<b>27</b>  Teriyaki Chicken Brown Rice Honey Ginger Glazed Carrots Red Apple Fresh Orange Fortune Cookies White or Chocolate Skim Milk	<b>28</b>  Beef Soft Taco on WW Wrap Spanish Rice, Black Bean & Corn Salad Pico de Gallo, Sour Cream Lettuce & Cheese Golden Apple, Fresh Strawberries White or Chocolate Skim Milk	<b>29</b>  Baked Macaroni & Cheese WG Dinner Roll w/ Margarine Cup Steamed Green Beans Fresh Pear, Tangerine White or Chocolate Skim Milk	<b>30</b>  Salisbury Steak w/ Gravy WG Garlic Breadstick Garlic Mashed Red Potatoes Steamed Broccoli Red Apple, Fresh Orange White or Chocolate Skim Milk	<b>31</b>  Chicken & Cheese Quesadilla w/ Sriracha Ranch Sauce Corn & Black Bean Salad Pico de Gallo Granny Smith Apple Pineapple Tidbits White or Chocolate Skim Milk

SCHOOL NEWS

**Breakfast Meal Price:**

K-12	\$1.40
Reduced	\$ .30
Adult	\$2.25
Milk	\$ .50

**Lunch Meal Price:**

K-12	\$2.25
Reduced	\$ .40
Premium(M/H)	\$3.50
Adult	\$3.75
Milk	\$ .50

**Additional Lunch Choices:**

Chopped Romaine Salad  
w/ Chicken and Cheese

Chopped Romaine Salad  
w/ Cheese

Turkey Ham & Cheese  
Sandwich

PB&J and Cheese Stick

**Nutrition Services**  
**Charleston County School**  
**District**

843-566-8180

[www.ccsdschools.com](http://www.ccsdschools.com)

A variety of fruits and vegetables are offered daily in addition to the items listed.

This institution is an equal opportunity provider and employer.

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