

# Struthers High School Lunch Menu

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## MARCH

# Wildcats

### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk  
*\*Students must choose at least one fruit or vegetable*

### Fresh Fruits and Vegetables Offered Daily

**\*Vegetables may include:**  
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber  
*\*May choose two 1/2 cup servings*

**\*Fruits may include:**  
Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
*\*May choose 1/2 cup serving*

**MENUS SUBJECT TO CHANGE**

### Milk Choices Offered Daily

Fat Free Chocolate, Fat Free Strawberry,  
Fat Free White and Low Fat White

Paid \$x.xx  
Reduced \$.xx  
Adult \$

This institution is an equal opportunity provider

Whole Grains Available Daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 <b>Cocca's Pizza</b> <b>Broccoli</b> Choice of Fruit Choice of Milk <b>COOKIE</b>
4 <b>Pancakes</b> <b>Potato Rounds</b> <b>Sausage Links</b> Choice of Fruit Choice of Milk	5 <b>Philly Steak Sub</b> <b>Green Beans</b> Choice of Fruit Choice of Milk	6 <b>Toasted Cheese</b> <b>Tomato Soup</b> <b>Celery &amp; Carrot Sticks</b> Choice of Fruit Choice of Milk	7 <b>Italian Dunkers</b> <b>Broccoli</b> Choice of Fruit Choice of Milk	8 <b>Papa Johns</b> <b>Toss Salad</b> Choice of Fruit Choice of Milk <b>Cookie</b>
11 Chicken Quesadilla or Buffalo Chicken Dip Corn Choice of Fruit Choice of Milk	12 <b>Walking Taco</b> <b>Cheesy Refried Beans</b> Choice of Fruit Choice of Milk	13 <b>Popcorn Chicken</b> <b>Mashed Potato / Gravy</b> Choice of Fruit Choice of Milk	14 <b>Cocca's Pizza</b> <b>Romaine Salad</b> Choice of Fruit Choice of Milk <b>COOKIE</b>	15 No School
18 <b>Sweet &amp; Spicy Chicken</b> <b>Rice</b> <b>Seasoned Corn</b> Choice of Fruit Choice of Milk	19 <b>Classic Hamburger</b> <b>Baked Beans</b> Choice of Fruit Choice of Milk	20 <b>Chicken Parm Sandwich</b> <b>Glazed Carrots</b> Choice of Fruit Choice of Milk	21 <b>Pasta &amp; Meatballs</b> <b>Green Beans</b> Choice of Fruit Choice of Milk	22 <b>Papa Johns</b> <b>Romaine Salad</b> Choice of Fruit Choice of Milk <b>COOKIE</b>
25 <b>Mexican Pizza</b> <b>Broccoli</b> Choice of Fruit Choice of Milk	26 Beefy Nacho /Chips Cheesy Refried Beans Green Beans Choice of Fruit Choice OF Milk	27 <b>BBQ Rib Sandwich</b> <b>Sweet Potato Fries</b> Choice of Fruit Choice of Milk	28 <b>Spicy or Regular</b> <b>Chicken Sandwich</b> <b>Tri Potato</b> Choice of Fruit Choice of Milk	29 <b>Cocca's Pizza</b> <b>Toss Salad</b> Choice of Fruit Choice of Milk <b>Cookie</b>
<b>Monday Alternate</b> <b>Corndog</b>	<b>Tuesday Alternate</b> <b>Bosco Cheese Sticks</b>	<b>Wednesday Alternate</b> <b>Cheeseburger Sliders</b>	<b>Thursday Alternate</b> <b>Mexican Pizza</b>	<b>Friday Alternate</b> <b>Wraps</b>