

March 2017

Armstrong Township High School

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ALL MEALS SERVED WITH LOWFAT OR 1% MILK	MENUS SUBJECT TO CHANGE		1 Turkey Slices Mashed Potatoes Carrots WG Roll Pumpkin Bars	2 Pork Rib on WG Bun Peas Pineapple Cottage Cheese	3 WG Pizza Salad with Romaine Peaches WG Cheese Stick	4
5	6 Chicken Tacos Refried Beans Applesauce WG Chips & Salsa	7 Hamburger on WG Bun with Lettuce & Tomatoes Carrots, Bananas Sunchips	8 Baked Ham Two Potato Mash Green Beans Mixed Fruit WG Roll	9 Chicken Wraps Seasoned Rice Corn Peaches	10 Fish Cole Slaw Fresh Veggie Tray Grapes	11
12	13 Meatball Subs on WG Bun Baked Beans Peas Triple Berry Parfait	14 Beefy Cheesy Nachos with WG Tortilla Chips Refried Beans Pears	15 Chicken Patties Mashed Potatoes & Gravy California Blend Veg. Strawberries WG Roll	16 Goulash Lettuce Salad Bananas Cheesy Biscuits	17 No School	18
19	20 No School Spring Break!	21 No School Spring Break!	22 No School Spring Break!	23 No School Spring Break!	24 No School Spring Break!	25
26	27 Chicken Nuggets Tater Tots Fresh Veggie Tray Pears	28 Hot Dogs on WG Bun Baked Beans Broccoli Grapes	29 Spaghetti Lettuce Salad With Spinach Pineapple Cheesy Biscuits	30 Beef Noodles Mashed Potatoes Green Beans Mandarin Oranges Corn Muffins	31 Chef Salad with Turkey & Ham, Peppers, Carrots & Tomatoes Banana Cheese Stick	