

Let's Go Trojans!

March 1- March 31, 2023

March Hampshire High School

Breakfast & Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>WV State grown products &amp; produced</b></p>	<p><b>Salad Mix Grown @ Spring Valley Farms Wed- Friday</b></p>	
	<p>B- Egg &amp; Cheese Omelet, Yogurt, Mixed Fruit Cup, Juice, Milk</p> <p>L-Yo Go Specialty Drink, Mac &amp; Cheese Bowl w/ Chicken Strips or Popcorn Chicken, Peaches, Milk</p>	<p>1 B- French Toast Sticks, Yogurt, Cinnamon Applesauce Cup, Juice, Milk</p> <p>L- Steak Salad w/ Fries or Steak &amp; Cheese Sub, <b>WV Flavored Ranch Cheese Round</b>, Apple, Milk</p>	<p>2 B- Soft Pretzel w/ Cheese, Yogurt, Juice, Peach Cup, Milk</p> <p>L- <b>WV Cheeseburger</b> Patty Melt on Grilled Bread, Sweet Potato Fries, Pineapple, Milk</p>	<p>3 B- Cereal Choice, Yogurt, Apple Slices, Juice, Milk</p> <p>Chicken Fajita Wrap or Chicken Fajita Salad, Steamed Carrots, Mixed Fruit, Milk</p>
<p>6 B- Bagel w/ Cream Cheese, Yogurt, Banana, Juice, Milk</p> <p>L- Jumbo Cheese Ravioli, Green Beans, Cheesy Garlic Bread, Pears, Orange, Milk</p>	<p>7 B-Yo Go Specialty Drink, Extravaganza, Yogurt, Mixed Fruit Cup, Juice, Milk</p> <p>L-Smokehouse Burgers w/ BBQ Sauce &amp; Onion Rings (WV Hamburger) or <b>WV Cheeseburger</b>, Cole Slaw, Baked Beans, Mandarin Oranges, Milk</p>	<p>8 B- Muffin Choice, Yogurt, Peach Cinnamon Applesauce Cup, Juice, Milk</p> <p>L- Breaded Chicken Drumsticks or Popcorn Chicken, Roasted Potatoes, Mixed Fruit, Milk</p>	<p>9 B- Oatmeal Rounds, Yogurt, Mandarin Orange Cup, Juice, Milk</p> <p>L- Orange Chicken or Ham &amp; Cheese Croissant, Rice Pilaf, Steamed Broccoli, Egg Roll, Apple, Milk</p>	<p>10 B- Breakfast Bagel Egg w/ Sausage &amp; Cheese, Yogurt, Grapes, Juice, Milk</p> <p>L- Corndog or <b>WV Sloppy Joe</b>, Mac &amp; Cheese, Steamed Carrots, Applesauce Milk</p>
<p>13 B- Cereal Choice, Yogurt, Banana, Juice, Milk</p> <p>L- Chicken Strips, Oven Fries, Kidney Beans, Mandarin Oranges, Milk</p>	<p>14 B -Yo Go Specialty Drink, Breakfast Bagel Egg &amp; Cheese, Yogurt, Mandarin Orange Cup, Juice, Milk</p> <p>L-Mashed Potato Bowl w/ Popcorn Chicken or Chicken Patty Sandwich, Corn, Peaches, Milk</p>	<p>15 B Breakfast Burrito, Yogurt, Applesauce Cup, Juice, Milk</p> <p>L- Spaghetti w/ <b>WV Meat sauce</b> or Cheesy Pull Apart Italian Cheeses &amp; Garlic, Salad, ( <b>Spring Valley Farms</b>) Cheesy Bread, Tropical Fruit, Milk</p>	<p>16 B – Cereal Choice, Yogurt w/Mix-In, Banana, Pear Cup, Juice, Milk</p> <p>L- Baked Potato Bar W/ <b>WV Chili</b>, Cheese or Roast Beef &amp; Provolone on Pretzel Bun, Pinto Beans, Mixed Fruit, Milk</p>	<p>17 B -<b>WV Chicken Biscuit Sandwich</b>, Peach Cup, Juice, Milk</p> <p>L – Pizza Choice Buffalo/ Pepperoni/ Cheese or Hot Pocket Broccoli, Pear, Apple, Milk</p>
<p>20 B- Breakfast Pizza, Pineapple Cup, Juice, Milk</p> <p>L- Scrambled Eggs w/ Sausage Gravy over Biscuits, Hash Brown, Tomato Slices, Pears, Milk</p>	<p>21 B-Yo Go Specialty Drink, Donut or Banana Breakfast Bar Juice, Milk</p> <p>L- Wing Day Choice of Honey Mustard, BBQ, Plain or Spicy, Mozzarella Sticks w/ Marinara Sauce, Peas, Banana, Applesauce, Milk</p>	<p>22 B – Breakfast Burrito, Peach Cup, Juice, Milk</p> <p>L- <b>WV Chili</b> &amp; Cheese Fries or Pretzels &amp; <b>WV Chili</b> &amp; Cheese Sauce, Mandarin Oranges, Milk</p>	<p>23 B – Snack'n Waffle, Yogurt, Mandarin Orange Cup, Juice, Milk</p> <p>L- Taco Bar (<b>WV taco meat</b>, cheese, chips, salsa) Pinto Beans, Mixed Fruit, Milk</p>	<p>24 B - <b>WV Pancake &amp; Sausage Sandwich</b>, Mixed Fruit Cup, Banana, Juice, Milk</p> <p>L-Fish &amp; Chips or Fish Patty Sandwich w/ Seasoned Fries, Scalloped Potatoes, Peaches, Milk</p>
<p>27 B-Sausage Egg &amp; Cheese Sandwich, Juice, Peach Cup, Yogurt, Milk</p> <p>L- Mini Corn Dogs, Tater Tots, Steamed Vegetable Medley, Mixed Fruit, Milk</p>	<p>28 B- Yo Go Specialty Drink, Extravaganza, Yogurt, Strawberry Cup, Juice, Milk</p> <p>L-Mashed Potato Bowl w/ Popcorn Chicken or Chicken Patty Sandwich, Corn, Peaches, Milk</p>	<p>29 B – Cinnamon Roll Minis, Yogurt, Grapes, Juice, Milk</p> <p>L- Chicken Nuggets or <b>WV Sloppy Joe</b>, Mac &amp; Cheese, Applesauce, Banana, Milk</p>	<p>30 B - Mini Maple Pancakes, Yogurt, Fruit, Juice, Milk</p> <p>L- Salisbury Steak, Mashed Potatoes, Green Beans, Pears, Milk</p>	<p>31 B - Breakfast Pizza, Strawberry Applesauce Cup, Juice, Milk</p> <p>L – Pizza Choice (Buffalo/ Pepperoni/ Cheese) or Calzone, Tropical Fruit, Milk</p>

This institution is an equal opportunity provider.

\*\*\* Menu subject to change due to inclement weather and product availability\*\*\*