

Check out **NEW** menu items highlighted in **PURPLE**.
Tell us what you think!

MARCH 2020

Henderson Collegiate – Middle School

Drinks: Plain 1% milk, skim chocolate and strawberry milk, and water available at breakfast and lunch

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cinnamon Roll Fresh Fruit 2</p> <p>Teriyaki Pork over Aromatic Rice Ginger Carrots, Cucumber Slices Fresh Fruit</p>	<p>Yogurt, Granola Fresh Fruit 3</p> <p>Cheese Pizza! Green Pepper Strips, Tuscan Marinated Cherry Tomatoes Fresh Fruit</p>	<p>Cereal Bars (2) Fresh Fruit 4</p> <p>HC Nacho Bar! (taco beef, sour cream, shredded cheddar, chopped lettuce, sassy salsa, WG chips) Fiesta Black Beans Fresh Fruit</p>	<p>Bagel, Butter or Cream Cheese Fresh Fruit 5</p> <p>Classic Chicken Sandwich Choice of Sauce: BBQ or Spicy Ranch Creamy Corn, Fresh Green Salad Fresh Fruit</p>	<p>Superdonut Fresh Fruit 6</p> <p>PBJ or Turkey Ham & Cheese Sandwich Carrots, Celery Sticks, Chips Fresh Fruit</p>
<p>Cereal Bars (2) Fresh Fruit 9</p> <p>HC Deluxe Burger Tossed Salad, Creamy Yellow Corn Fresh Fruit</p>	<p>Yogurt, WG Muffin Fresh Fruit 10</p> <p>Mexican Black Beans & Cilantro Rice Tex-Mex Caesar Salad Baby Carrots Fresh Fruit</p>	<p>Bagel, Jelly, Butter or Cream Cheese Fresh Fruit 11</p> <p>Pulled Pork Sandwich Mashed Sweet Potatoes HC's Famous Coleslaw Fresh Fruit</p>	<p>English Muffin, Butter, Hardboiled Egg Fresh Fruit 12</p> <p>Mac&Cheese Bar Toppings: bacon crumbles, chives, hot sauce; Dinner Roll String Beans, Baked Beans Fresh Fruit</p>	<p>Appleways Fresh Fruit 13</p> <p>Build Your Own Salad! Chopped Romaine, Carrot, Sliced Cucumber, Tomatoes, Tuna Salad or Hardboiled Egg, Shredded Cheese, Pita Wedges, Fresh Fruit</p>
<p>Apple Frudel, Cheese Stick Fresh Fruit 16</p> <p>HC Nachos (taco beef; cheddar, sassy salsa, chopped lettuce, corn, WG yellow corn tortilla chips) Fresh Fruit</p>	<p>Bagel, Cream Cheese Fresh Fruit 17</p> <p>Black History Celebration Chopped BBQ Pork, WG Dinner Roll, Baked Beans, Coleslaw Fresh Fruit</p>	<p>WG Biscuit, Butter, Jam Fresh Fruit 18</p> <p>Winter Ragu (meaty red sauce) over WG Spiral Pasta, Parmesan Cheese Fresh Green Salad, Cherry Tomatoes WG Roll Fresh Fruit</p>	<p>Yogurt, Granola Fresh Fruit 19</p> <p>Breakfast for Lunch: Omelet, WG Pancakes Spinach Salad, Cucumber Slices Fresh Fruit</p>	<p>Poptarts (2) Fresh Fruit 20</p> <p>PBJ or Turkey Ham & Cheese Sandwich Carrots, Broccoli, Ranch Chips Fresh Fruit</p>
<p>Yogurt, WG Muffin Fresh Fruit 23</p> <p>PBJ Sandwich 3 Bean Salad, Baby Carrots Cheese Stick Fresh Fruit</p>	<p>Appleways Fresh Fruit 24</p> <p>Homemade Ham & Cheese Carrots, Cucumber Slices Sunchips Fresh Fruit</p>	<p>Cereal Bars (2) Fresh Fruit 25</p> <p>PBJ Sandwich Carrots, Broccoli Cheese Stick Fresh Fruit</p>	<p>Bagel, Peanut Butter Fresh Fruit 26</p> <p>Turkey Ham & Cheese Sandwich Potato Salad, Celery Sticks Baked Lays Chips Fresh Fruit</p>	<p>Superdonut Fresh Fruit 27</p> <p>Chicken Biscuit Baby Carrots, Green Pepper Strips Ranch dressing Cheese Stick Fresh Fruit</p>
<p>Yogurt, WG Muffin Fresh Fruit 30</p> <p>HC Deluxe Burger Shredded Carrot Salad Try It! Roasted Parmesan Cauliflower Fresh Fruit</p>	<p>Cinnamon Roll Fresh Fruit 31</p> <p>Chopped BBQ Pork, WG Roll Coleslaw, Boiled Potatoes Fresh Fruit</p>			

Henderson Collegiate is an equal opportunity provider and employer.
Questions? Ideas? Allergy concerns? Contact the School Nutrition Manager (skelley@hendersoncollegiate.org).
Menu subject to change based on product availability. Check website or call for updates.

