

Weekly Bulletin

Fresh salad bar and a variety of fresh and canned fruits offered daily.

Assorted low fat and fat free milk offered daily -- morning juice choice offered daily.

Menu	Activities
Monday, March 20, 2023	
<p>Breakfast: Poptart, string cheese or cereal, fruit, juice, milk</p> <p>Lunch: Chicken strips, mashed potatoes, gravy, roll, fruit, cookie, milk</p>	Forensics @ Lincoln
Tuesday, March 21, 2023	
<p>Breakfast: Breadstick, poptart, cereal, fruit, juice, milk</p> <p>Lunch: Pulled pork nachos, nacho cheese sauce, refried beans, rice, fruit, milk</p>	6:30-8:30 Social Media Marketing Classes
Wednesday, March 22, 2023	
<p>Breakfast: Donut or poptart, cereal, fruit, juice, milk</p> <p>Lunch: Spaghetti and meat sauce, green beans, garlic toast, fruit, milk</p>	8th Grade Field Trip 6:30-8:30 Lab Night
Thursday, March 23, 2023	
<p>Breakfast: Combo bar, cereal, fruit, juice, milk</p> <p>Lunch: Turkey or ham wrap, french fries, fruit, milk</p>	Forensics @ Smith Center 6:30-8:30 Social Media Marketing Classes
Friday, March 24, 2023	
<p>Breakfast: French toast sticks, cereal, fruit, juice, milk</p> <p>Lunch: Beef and noodles, roll, mashed potatoes, fruit, cookie, milk</p>	Forensics @ Rock Hills
Saturday, March 25, 2023	
"This institution is an equal opportunity provider."	