

March 2023 – Fridley High School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday February 27 th	Tuesday February 28 th	Wednesday March 1st	Thursday March 2 nd	Friday February 3 rd
Main: Calzones	Main: Mac'n'Cheese	Main: Walking Beef Taco	Main: Beef Sambusa	Main: Cook's Choice
Roasted Carrots	Chicken Tenders	Mexican Beans	Cheesy Breadstick	Steamed Corn
Assorted Veg & Fruit	Collard Greens	Mexican Fixings	Turmeric Rice	Growler: Cook's Choice
Growler: Cheeseburger with	Assorted Veg & Fruit	Assorted Veg & Fruit	Assorted Veg & Fruit	Greens & Grains: Parfait, Crispy
Fries	Growler: Spicy or Regular Crispy	Growler: Empanada	Growler: Turkey Pepperoni or	Chicken Wrap, Turkey Pesto Sub
Greens & Grains: Parfait, Italian	Chicken Sandwich	Greens & Grains: Parfait,	Cheese Pizza	
Sub, Buffalo Chicken Wrap	Greens & Grains: Shaker Salad,	Chicken Caesar Wrap, Taco Salad	Greens & Grains: Chicken	
	PBJ, Crispy Chicken Salad		Cordon Bleu Wrap, PBJ, Shaker	
			Salad	
Monday March 6 th	Tuesday March 7 th	Wednesday March 8 th	Thursday March 9 th	Friday March 10 th
Main: Orange Chicken	Main: Cheeseburger on Bun	Main: Cheese Tortellini with	Main: Crispy Chicken Drumstick	Main: Hangry Bear Pizza
Rice	Potato Wedges	Meat Sauce	Dutch Waffle	Roasted Carrots
Sweet Chili Chips	Baked Beans	Garlic Bread	Mixed Veggie Salad	Assorted Veg & Fruit
Broccoli Craisin Salad	Assorted Veg & Fruit	Garlic Green Beans	Assorted Veg & Fruit	Growler: Cook's Choice
Assorted Veg & Fruit	Growler: Spicy or Regular Crispy	Assorted Veg & Fruit	Growler: Turkey Pepperoni or	Greens & Grains: Parfait, Crispy
Growler: Mozzarella Sticks with	Chicken Sandwich	Growler: Buffalo Chicken	Cheese Pizza	Chicken Wrap, Turkey Pesto Sub
Marinara Sauce	Greens & Grains: Shaker Salad,	Flatbreads	Greens & Grains: Chicken	
Greens & Grains: Parfait, Italian	PBJ, Crispy Chicken Salad	Greens & Grains: Parfait,	Cordon Bleu Wrap, PBJ, Shaker	
Sub, Buffalo Chicken Wrap		Chicken Caesar Wrap, Taco Salad	Salad	
Monday March 13 th	Tuesday March 14th	Wednesday March 15 th	Thursday March 16 th	Friday March 17 th
Main: Crispy Chicken	Main: Turkey Chili	Main: Chicken Alfredo with	Main: Chicken Burrito Bowl	Main: Chicken Wings
Parmesan Potatoes	Fritos	Penne	Rice	Pretzel with Queso
Coleslaw	Assorted Veg & Fruit	Breadstick	Tortilla Chips	Assorted Veg & Fruit
Assorted Veg & Fruit	Growler: Spicy or Regular Crispy	Roasted Broccoli	Southwest Pinto Beans	Growler: Cook's Choice
Growler: Cheeseburger with	Chicken Sandwich	Assorted Veg & Fruit	Assorted Veg & Fruit	Greens & Grains: Parfait, Crispy
Parmesan Potatoes	Greens & Grains: Shaker Salad,	Growler: Chicken Dumplings	Growler: Turkey Pepperoni or	Chicken Wrap, Turkey Pesto Sub
Greens & Grains: Parfait, Italian	PBJ, Crispy Chicken Salad	with Fried Rice	Cheese Pizza	
Sub, Buffalo Chicken Wrap		Greens & Grains: Parfait,	Greens & Grains: Chicken	
		Chicken Caesar Wrap, Taco Salad	Cordon Bleu Wrap, PBJ, Shaker	
			Salad	





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	Monday March 20 th	Tuesday March 21st	Wednesday March 22 nd	Thursday March 23 rd	Friday March 24 th
	Main: General Tso Chicken	Main: Kick'n'Chicken	Main: Beef Walking Taco	Main: Mac'n'Cheese	Main: Homemade Pizza
	Brown Rice	Biscuit	Mexican Beans	Chicken Tenders	Roasted Broccoli
	Sweet Chili Chips	Mashed Potatoes with Gravy	Mexican Fixings	Garlic Green Beans	Growler: Cook's Choice
	Assorted Veg & Fruit	Corn	Assorted Veg & Fruit	Assorted Veg & Fruit	Greens & Grains: Parfait, Crispy
	Growler: Cheeseburger with	Assorted Veg & Fruit	Growler: Mini Corn Dogs with	Growler: Turkey Pepperoni or	Chicken Wrap, Turkey Pesto Sub
	Fries	Froot Jooce Cups	Fries	Cheese Pizza	
	Greens & Grains: Parfait, Italian	Growler: Spicy or Regular Crispy	Greens & Grains: Parfait,	Greens & Grains: Chicken	
	Sub, Buffalo Chicken Wrap	Chicken Sandwich	Chicken Caesar Wrap, Taco Salad	Cordon Bleu Wrap, PBJ, Shaker	
		Greens & Grains: Shaker Salad,		Salad	
		PBJ, Crispy Chicken Salad			
9	Monday March 27 th	Tuesday March 28 th	Wednesday March 29 th	Thursday March 30 th	Friday March 31st
	Main: Pizza	Main: Enchilada Bake	Main: Hamburger or	Main: Hot Dog on Bun	
	Roasted Carrots	Tortilla Chips	Cheeseburger on Bun	Potato Wedges	
	Assorted Veg & Fruit	Elote Corn	Baked Beans	Ice Cream Cup	
-	Growler: Mozz Bites with	Mexican Fixings	Coleslaw	Growler: Turkey Pepperoni or	No School
	Marinara Sauce	Assorted Veg & Fruit	Growler: Ravioli with Garlic	Cheese Pizza	
	Greens & Grains: Parfait, Italian	Growler: Spicy or Regular Crispy	Bread	Greens & Grains: Chicken	
	Sub, Buffalo Chicken Wrap	Chicken Sandwich	Greens & Grains: Parfait,	Cordon Bleu Wrap, PBJ, Shaker	
N. S.		Greens & Grains: Shaker Salad,	Chicken Caesar Warp, Taco Salad	Salad:	
1/1		PBJ, Crispy Chicken Salad			

