

Valley Lutheran High School  
March 2010 Menu

Cash Lunch \$2.00 With Card \$1.80

Salad Plate Offered Daily

- 1 Rib E Que & Pork Chop; tri tater, vegetable, fruit, milk
- 2 Spaghetti or Ham & Cheese; tossed salad, vegetable, fruit, milk
- 3 Cheeseburger or Chili; oven fries, vegetable, fruit, milk
- 4 Nachos or Yogurt & Sandwich; vegetable, fruit, cookie, milk
- 5 Chicken Nuggets or Meatballs; au gratin potatoes, vegetable, fruit, milk
  
- 8 Pizza or Taco Salad; vegetable, fruit, chocolate chip bar, milk
- 9 No Lunch
- 10 Chicken Patti or Macaroni & Cheese; potato rounds, vegetable, fruit, milk
- 11 Tacos or Sub Sandwich; vegetable, fruit, jello, milk
- 12 Chicken Wrap or Hot Dog; vegetable, fruit, ice cream sandwich, milk
  
- 15 Cheese Sticks or Sloppy Joe; vegetable, fruit, cookie, milk
- 16 Spaghetti or Egg, Sausage, Cheese Muffin; tossed salad, vegetable, fruit, milk
- 17 Hamburger or Brat; potato rounds, vegetable, fruit, milk
- 18 Chicken Nuggets or Soup & Sandwich; tri tater, vegetable, fruit, milk
- 19 Chicken Quesadilla or Fish Sandwich; vegetable, fruit, brownie, milk
  
- 22 Corn Dog Nuggets or Baked Potato & Topping; vegetable, fruit, pudding, milk
- 23 Turkey over Biscuit or Sub; mashed potatoes, vegetable, fruit, milk
- 24 Calzone or Yogurt & Sandwich; vegetable, fruit, jello, milk
- 25 Cook's Choice; vegetable, fruit, milk
- 26 No School
  
- 29 Ravioli or Meatloaf; vegetable, fruit, apple turnover, milk
- 30 Pizza or Sweet & Sour Chicken; vegetable, fruit, cake, milk
- 31 Chicken Patti or Goulash; oven fries, vegetable, fruit, milk

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