

Breakfast	MONDAY Lunch	Breakfast	TUESDAY Lunch	Breakfast	WEDNESDAY Lunch	Breakfast	THURSDAY Lunch	Breakfast	FRIDAY Lunch
				1 WG French Toast 1 slice/1 oz Yogurt 4oz Fruit 1 cup Milk 1 cup	WG Pizza 2 oz Cooked Carrots 1/2 cup Mixed Salad 1 Cup Diced Tomato 1/4C Fruit 1 cup Milk 1 cup	2 WG Waffles 2oz/2 pcs Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Chicken 2 oz BBQ Sauce Shred Cheddar cheese 2oz WG Bun 2oz Tater Tots 1/2 C Peas 1/2 Cup Fruit 1 cup Milk 1 cup	3 WG Pancakes 3oz/3pcs Yogurt 4oz Fruit 1 cup Yogurt 4 oz cup Milk 1 cup	Turkey 2oz/4 slices Amer Cheese 1oz/2 slices WG Bread 2 oz Potato Wedges 1/2 cup Broccoli 1/2 cup Fruit 1 cup Milk 1 cup
6 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	WG Chicken Patty 2oz Amer Cheese 1oz WG Bun 2 oz Sweet Potato Fries 1/2 cup Green Peas 1/2 cup Fruit 1 cup Milk 1 cup	7 Turkey Sausage Patty 1.5 oz WG Bun 1.75 oz Fruit 1/2 cup Yogurt 4oz Milk 1 cup Juice 1/2 cup	Macaroni and Cheese 3/4 cup Broccoli 1 cup WG Biscuit 2oz Fruit 1 cup Milk 8 oz	8 WG French Toast Sticks 3pcs/2 oz Yogurt 4oz Fruit 1 cup Milk 1 cup	Euphoria Banh Mi Sandwich: Fajita Chicken Strips w/Cucumber 2oz WG Bun 2oz Carrots 1/2 cup French Fries 1/2 C Fruit 1 cup Milk 1 cup	9 WG Waffles 2oz/2 pcs Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Taco Meat 4 oz WG Taco Shell 2.5 oz Lettuce 1 cup Tomatoes 1/2 cup Rice & Beans 1/2 cup Fruit 1 cup Milk 1 cup	10 WG Pancakes 3oz3pcs Yogurt 4oz Fruit 1 cup Yogurt 4 oz cup Milk 1 cup	WG Fish Sticks 2oz/4pcs WG Bun 2oz Green Bean 1/2C Sweet Potato Fries 1/2 Cup Fruit 1 cup Milk 1 cup
13 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	Cheeseburger: Beef Patty 2oz Amer Cheese 1oz/2 slices WG Bun 2oz Baked Bean 1/2 C Green Bean 1/2C Sweet Potato Waffle Fries 1/2 C Fruit 1 Cup Milk 1 Cup	14 Egg Patty 1 oz Amer Cheese 1oz WG Bun 1.75 oz Fruit 1/2 cup Yogurt 4oz Milk 1 cup Juice 1/2 cup	Baked Ziti w/Meat Sauce 3/4 cup Broccoli 1 cup WG Bread Stick 1 oz Fruit 1 cup Milk 1 cup	15 WG French Toast 1 slice/1 oz Yogurt 4oz Fruit 1 cup Milk 1 cup	Chicken 2 oz BBQ Sauce Shred Cheddar cheese 2oz WG Bun 2oz Tater Tots 1/2 C Peas 1/2 Cup Fruit 1 cup Milk 1 cup	16 WG Waffles 2oz/2 pcs Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Grilled Chicken Strips 2oz Alfredo 1/4 cup Semolina Penne 1/2 cup Spinach 1 cup WG Garlic Cheese Breadstick 2 oz Fruit 1 cup Milk 8oz	17 WG Pancakes 3oz3pcs Yogurt 4oz Fruit 1 cup Yogurt 4 oz cup Milk 1 cup	Chicken Nuggets 4pcs/2 oz French Fries 1/2 Cup Butternut Squash 1/2 Cup WG Biscuit 2 oz Fruit 1 cup Milk 1 cup
20 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	WG Chicken Patty 2oz Amer Cheese 1oz WG Bun 2 oz Sweet Potato Fries 1/2 cup Green Peas 1/2 cup Fruit 1 cup Milk 1 cup	21 Egg Patty 1oz w/ Turkey Bacon 1 oz WG Bun 1.75 oz Fruit 1/2 cup Yogurt 4oz Milk 1 cup Juice 1/2 cup	Macaroni and Cheese 3/4 cup Broccoli 1 cup WG Biscuit 2oz Fruit 1 cup Milk 8 oz	22 WG French Toast Sticks 3pcs/2 oz Yogurt 4oz Fruit 1 cup Milk 1 cup	WG Pizza 2 oz Cooked Carrots 1/2 cup Mixed Salad 1 Cup Diced Tomato 1/4C Fruit 1 cup Milk 1 cup	23 WG Waffles 2oz/2 pcs Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Taco Meat 4 oz WG Taco Shell 2.5 oz Lettuce 1 cup Tomatoes 1/2 cup Rice and Beans 1/2 cup Fruit 1 cup Milk 1 cup	24 WG Pancakes 3oz3pcs Yogurt 4oz Fruit 1 cup Yogurt 4 oz cup Milk 1 cup	WG Fish Sticks 2oz/4pcs WG Bun 2oz Green Bean 1/2C Sweet Potato Waffle Fries 1/2 Cup Fruit 1 cup Milk 1 cup
27 Cereal 3/4 cup WG Muffin 2 oz Fruit 1 cup Yogurt 4oz Milk 1 cup	Cheeseburger: Beef Patty 2oz Amer Cheese 1oz/2 slices WG Bun 2oz Baked Bean 1/2c Sweet Potato Waffle Fries 1/2 C Green Beans 1/2 C Fruit 1 Cup Milk 1 Cup	28 Egg Patty 1 oz Amer Cheese 1oz WG Bun 1.75 oz Fruit 1/2 cup Yogurt 4oz Milk 1 cup Juice 1/2 cup	Baked Ziti w/Meat Sauce 3/4 cup Mixed Veggies 1 cup WG Bread Stick 1 oz Fruit 1 cup Milk 1 cup	29 WG French Toast 1 slice/1 oz Yogurt 4oz Fruit 1 cup Milk 1 cup	Chicken Nuggets 4pcs/2 oz French Fries 1/2 C Green Beans 1/2 cup WG Biscuit 2 oz Fruit 1 cup Milk 1 cup	30 WG Waffles 2oz/2 pcs Fruit 1/2 cup Yogurt 1/2 cup Milk 1 cup Juice 1/2 cup	Grilled Chicken Strips 2oz Alfredo 1/4 cup Semolina Penne 1/2 cup Spinach 1 cup WG Garlic Cheese Breadstick 2 oz Fruit 1 cup Milk 8oz	WG Pancakes 3oz3pcs Yogurt 4oz Fruit 1 cup Yogurt 4 oz cup Milk 1 cup	Turkey Slices 2oz Amer Cheese 1 oz/2 slices WG Bread 2oz Potato Wedges 1/2 C Broccoli 1/2C Fruit 1 Cup Milk 1 Cup

Pillar High School

Return Order by March 2023

Date	REDUCED	PAID	REDUCED	PAID
	Breakfast	Lunch	Breakfast	Lunch
	\$0.30	\$0.40	\$1.80	\$2.95
1				
2				
3				
6				
7				
8				
9				
10				
13				
14				
15				
16				
17				
20				
21				
22				
23				
24				
27				
28				
29				
30				
31				

Reduced Price 30&40 cents w/application on file only, otherwise full price. Thank

Total Breakfasts ___ @ \$0.30 ordered = \$ ___

Total Lunches ___ @ \$0.40 ordered = \$ ___

Total Breakfasts ___ @ \$1.80 ordered = \$ ___

Total Lunches ___ @ \$2.95 ordered = \$ ___

Student Name _____

Parent/Guardian Name _____

Teacher Name _____

Meals Served in School _____

Please check off the days your child needs a meal and return to school with payment if your child is in the reduced and paid category.

Breakfast/Lunch Menu-March 2023

MILK IS PROVIDED WITH EACH LUNCH. Please note: If an alternative meal is required due to a food allergy, indicate on your order form and we will provide a substitute meal that day. Juice will only be served twice a week in AM

PLEASE CHECK OFF THE DAYS A MEAL IS NEED AND SEND PAYMENT