Available Daily

Breakfasts:
Cereal or Cereal Bar with Yogurt or String Cheese. Yogurt Parfait Tues/Thurs
Fresh Fruits & Juice

Lunches:
Cheeseburger, Chicken Patty Sandwich, PB&J Sandwich, Fresh Made Chef Salad, Pizza, Torta or Burrito.
Fresh Fruit & Veggie Bar

All Meals:
Low fat or Non fat Milk Variety

Featured Specials of the Day
Thursday, March 1
Muffin & String Cheese
Chicken Alfredo with Garlic Bread, Cookie & Hot Veggie

Friday, March 2
Cereal & Toast
French Bread Cheese Pizza with Dessert

Monday, March 5
Dutch Waffles with Sausage
Corn Dog, Baked Beans & Powdered Baseball

Tuesday, March 6
Cereal Bar, Scrambled Egg & Hash Brown Wedge
Chicken Patty Sandwich with Onion Rings

Wednesday, March 7
Yogurt, Granola & Toast
Tuna Sandwich with Nachos or Baked Chips

Thursday, March 8
Whole Grain Donut Variety
Oven Fried Chicken Drumstick, Mashed Potatoes & Gravy with A Cookie

Friday, March 9
Cereal & Toast
Cheese Pizza Wedge with a Dessert

Maxwell High School
This institution is an equal opportunity provider.
Menus are subject to change.

Egg-cellent.
Ah, the humble, wonderful egg! Just 75 or so calories, but with seven grams of high-quality protein, plus iron, vitamins, minerals, and other disease fighting nutrients. Versatile for cooking. Inexpensive. Readily available. Perhaps the perfect food - for breakfast, or any time!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

How’s this for an ugly word to describe something good looking? “Pulchritudinous” means “beautiful” or “attractive”, but be careful how you use it — the object of your compliment might think you’re insulting them!

Eat Fit wanna stay fit? gotta eat right!

Item: burrito Verdict: go bowling

Tip: You know that burrito you love so much you want to eat it every day? Make it healthier by choosing brown rice, lots of black beans, cheese OR sour cream if you must (but not both), lots of lettuce, and, most importantly, ditch the wrapper for a fork! Guac is OK, so have at it.

FIT METER
Teens should eat 1800-2200 calories a day, depending on gender and activity level. Shoot for fewer than 21g of sat fat and a max of 2,000mg of sodium a day.

Based on a burrito bowl like the one described. Compare to 1315 calories, 19.5 sat fat grams, and 2610 grams of sodium from a full-on wrapped burrito.
Monday, March 19
Pancakes with Sausage

Tuesday, March 20
Chicken Tenders & Biscuit

Wednesday, March 21
Yogurt, Granola & Toast

Thursday, March 22
Whole Grain Donut Variety

Friday, March 23
Cereal & Toast

Featured Specials of the Day

Monday, March 12
Cinnamon Glazed French Toast & Sausage
Chicken Nuggets with Biscuit

Tuesday, March 13
Breakfast Wrap with Cereal
“McBurger” (Cheese & Ketchup) with Spiral Fries

Wednesday, March 14
Bagel, Cream Cheese & Hard Boiled Egg
Deli Combo Sandwich with Baked Chips

Thursday, March 15
Whole Grain Pop Tarts with Oatmeal
BBQ Pulled Pork Sandwich with Baked Beans & Cookie

Friday, March 16
Cereal & Toast
Cheese Pizza Round with a Dessert

Monday, March 26
French Toast Sticks & Sausage
Chicken Strips & Biscuit

Tuesday, March 27
Breakfast Burrito with Cereal
“Build a Burger” with Onion Rings

Wednesday, March 28
Chef’s Choice
Ham & Cheese Sandwich with Baked Chips, 3 Bean Salad & Frozen Juice Cup

Thursday, March 29
Whole Grain Cinnamon Roll with Sausage
Turkey, Mashed Potatoes & Gravy, Dinner Roll & Cookie

Friday, March 30
Cereal & Toast
Cheese Pizza Round with a Dessert

Kissing the Blarney Stone at the ruins of Blarney Castle in Ireland is said to give you “the gift of gab” — the ability to talk sweetly, convincingly, and endlessly! Happy St. Patrick’s Day, March 17!