



Qualters Middle School

March 2024



Complete Breakfast and Lunch are free of charge for all students permanently!

Monday	Tuesday	Wednesday	Thursday	Friday
Freshly Prepared Salads Available Daily! Tossed Salad with Your Choice of Protein Topping Grilled Chicken, Yogurt & Cheese Cubes All salads are offered with Fruit, 1 Dressing Packet, Dinner Roll and Milk.		All lunches include an assortment of Fresh Fruit, Cupped Fruit, Fresh Veggies and Milk		1 Muffin Flats
		Breakfast - Choose the menued breakfast or from an assortment of breakfast pastry, reduced sugar or low sugar cereals, toast, yogurt, and fruit / juice.		Sausage, Egg & Cheese or Egg & Cheese Croissant Home Fried Potatoes ———— Bagel Pizza
4 Cinnamon Roll	5 No School Staff <i>Professional Development Day</i>	6 Honey Buns	7 Benefit Bar	8 Fruit & Yogurt Parfait
Chicken & Waffles w/ Hot Honey or Syrup Baby Carrots w/ LF Dip ———— Cheese Pizza		Oreo Cookie Day Pizza Crunchers Fresh Garlic Green Beans Marinara Dip Cup ———— Crispy Chicken Tenders w/ Roll	Bacon Cheddar Burgers w/ BBQ Sauce Tater Tots ———— French Bread Pizza	Cheesy Mac & Cheese Buffalo Chicken Mixed Veggies ———— Chicken Nuggets w/ Roll
11 Early Riser Hash Brown		12 Mini Pancakes	13 Banana Bread	14 French Toast
Garlic Cheese Pull Aparts Tomato Soup / Marinara Dip Cup Green Beans ———— Chicken Patty Sandwich	All Beef Hot Dog on a Roll Baked Beans ———— Cheese Pizza	Beef & Bean Chili Veggie Chili Homemade Cornbread / Tostito Scoops ———— Garlic & Original French Bread Pizza	Pizza Day Buffalo, Cheese, or BBQ Chicken Baby Carrots w/ LF Dip ———— Chicken Nuggets w/ Roll	Lasagna Roll Ups Fresh Broccoli Garlic Knot Roll ———— Chicken Tenders w/ Roll
18 Warm Apple Cinnamon Roll	19 Rise & Shine Egg Wrap	20 Blueberry Donut Holes	21 Fruit & Yogurt Parfait	22 Muffin Flats
Hamburger or Cheeseburger Lettuce, Tomato & Pickles Sweet Potato Fries ———— Bagel Pizzas	Teriyaki Chicken & Veg Dumplings Fried Rice, Carrots ———— Deep Dish Pizza	Boom Boom Chicken Wrap or Chicken Tenders with Roll Spicy Fries ———— Grilled Cheese Sandwich	Chicken Pasta Alfredo with Broccoli ———— Chicken Tenders w/ Roll	French Toast Sticks Warm Cinnamon Apples Yogurt Cup ———— Chicken Patty Sandwich
25 Benefit Bar	26 Breakfast Donut	27 Strawberry Mini Bagels	28 Cinnamon Crumb Cake	29 No School <i>Day of Low Attendance</i>
Twisted Cheesy Breadsticks Marinara Dip Cup Mixed Veggies ———— Chicken Patty Sandwich	Popcorn Chicken Bowl Popcorn Chicken, Mashed Potatoes, Corn and Gravy ———— French Bread Pizza	Sausage, Egg & Cheese Croissant Egg & Cheese Croissant Tater tots ———— Chicken Nuggets w/Roll	Chicken & Cheese Empanada Mexican Rice, Black Beans & Corn Salsa & Sour Cream ———— Cheese Pizza	
Menu Subject To Change Without Notice Due To Availability of Products				
If your child has a food allergy, you must contact the nurse's office at least yearly or as the condition changes.				
	This institution is an equal opportunity provider.			