

































Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week of:
March 1 - 5**

Student Meal: \$2.75 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.25
Meals include, choice of 1% white, skim milk, or ½% chocolate milk
(antibiotic and hormone-free)

Station	Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	 Toasted Cheese Sandwich on Whole Wheat Bread Tomato Soup Carrot & Celery Sticks w/low fat Rand Dressing	 Chicken Lo Mein Oriental Vegetables Egg Roll Fortune Cookie	 Barilla Plus Pasta w/Sausage & Broccoli Steamed Green Beans Warm Garlic Bread w/cheese	 Sloppy Joe On a Whole Wheat Roll Steamed Corn	 Hot Dog on a Whole Wheat Bun w/assorted toppings Chili, Sauerkraut, Bacon Spicy Fries Chilled Applesauce
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u>  Honey Mustard Turkey Cheddar Wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u>  Steak & Cheese w/peppers and onions on a wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u>  Sausage & Pepper Grinder Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u>  Reubens Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u>  Chicken Ceasar Salad Wrap Cheeseburgers & Breaded Chicken Sandwich available daily
 Classic Cheese & Pepperoni Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	<u>Today's Special</u> Pepperoni & Cheese Stromboli  Cheese Pizza Available daily	<u>Today's Special</u>  Sausage Pizza Cheese Pizza Available daily	<u>Today's Special</u> Meatball Parm. Calzone  Cheese Pizza Available daily	<u>Today's Special</u>  Whole Wheat Dunkers Shredded Cheese Marinara Dipping Sauce Cheese Pizza Available daily	<u>Today's Special</u>  Specialty Veggie Pizza Cheese Pizza Available daily
	Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u>  Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Roast Beef Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad				
	Fresh Food Fast- Packaged for Grab N' Go <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u>  Neapolitan Hero w/ Balsamic Vinaigrette & Vegetable Pasta Salad & Chilled Pineapples				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				
 Meat Free Option  Menu item is made w/ whole grain  Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)	 Balanced Choices  Meal Suggestions, Full of Flavor and Packed w/ Essential Nutrients to Get You Through Your Busy Day!!	 To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit. (Excludes potatoes)			







Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu


**Week of:
March 8 - 12**

Student Meal: \$2.75 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.25
Meals include, choice of 1% white, skim milk, or ½% chocolate milk
(antibiotic and hormone-free)

Station	Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	 Baked Potato Bar w/ Assorted toppings Broccoli & Cheese Turkey & Gravy Sour Cream Carrot Salad Chilled Pineapple Cup	 Beef Nachos w/ Cheddar cheese sauce Steamed Corn Fresh Fruit & Veggie	 Shell w/ meat sauce Seasoned Green Beans Whole Wheat Bread Stick Fresh Fruit & Veggie	 General Tso Chicken Steamed Rice Flavored Broccoli Egg Roll Fortune Cookie Assorted Fresh Fruit & Veggies	Chicken & Cheese Enchiladas Cilantro Lime Vegetables
 Lean Beef Burgers w/ Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Reuben  Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u> Buffalo Chicken Wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u> BLT Wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u> Chicken Parm Wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u> Cobb Sandwich Wrap Cheeseburgers & Breaded Chicken Sandwich available daily
 Classic Cheese & Pepperoni Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	<u>Today's Special</u> Meatball & Cheese Calzones Cheese Pizza Available daily	<u>Today's Special</u> Sausage & Pepper Pockets Cheese Pizza Available daily	<u>Today's Special</u> Pepperoni & Cheese Stromboli Cheese Pizza Available daily	<u>Today's Special</u> Margherita Pizza Cheese Pizza Available daily	<u>Today's Special</u>  Whole Wheat Pizza Dunkers w/ Shredded Cheese & Tomato Dipping Sauce Cheese Pizza Available daily
	Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u>  Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Roast Beef Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad				
	Fresh Food Fast- Packaged for Grab N' Go <u>Available Daily</u>  Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u>   Whole Grain Turkey Pita Pocket with Lettuce, Tomato & Cranberry Mayo, Petite Banana				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				

 Meat Free Option
 Menu item is made w/ whole grain
 Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

 **Balanced Choices**
 © Meal Suggestions, Full of Flavor and Packed w/ Essential Nutrients to Get You Through Your Busy Day!!


 To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal.
 Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit.
 (Excludes potatoes)



Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week of:
March 15 - 19**

Student Meal: \$2.75 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.25
Meals include, choice of 1% white, skim milk, or ½% chocolate milk
(antibiotic and hormone-free)

Station	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	Bacon Cheeseburger On Whole Wheat Bun Sweet Potato Fries Assorted Fresh Fruit or Veggies	Twin Tacos Beef, Cheese, Lettuce, Tomato & Salsa Sauce Mexican Corn Assorted Fresh Fruit or Veggies	Corned Beef Oven Roasted Parsley Potatoes Steamed Carrots Assorted Fresh Fruit & Veggies	Spaghetti & Meatballs Garlic Bread Steamed Green Beans Assorted Fresh Fruit & Veggies	BREAKFAST FOR LUNCH Whole Grain French Toast Sticks Hash Browns Pure Maple Syrup Assorted Fresh Fruit & Veggies
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u>  Reubens Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u>  Grilled Chicken Lettuce & Tomato Wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u>  Turkey & Cheddar Wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u>  Chicken Parm Wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u>  Sausage and Pepper on Whole Wheat Grinder Cheeseburgers & Breaded Chicken Sandwich available daily
 Classic Cheese & Pepperoni Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	<u>Today's Special</u> Meatball & Cheese Calzones Cheese Pizza Available daily	<u>Today's Special</u> Sausage & Pepper Pockets Cheese Pizza Available daily	<u>Today's Special</u> Ham & Cheese Stromboli Cheese Pizza Available daily	<u>Today's Special</u> Margherita Pizza Cheese Pizza Available daily	<u>Today's Special</u> Whole Wheat Pizza Dunkers w/Shredded Cheese & Tomato Dipping Sauce Cheese Pizza Available daily
	Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u>  Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Roast Beef Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad				
	<u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u>  Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u>  Wild Greens Antipasto Salad w/Whole Wheat Dinner Roll & Fresh Local Apple				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				
 Meat Free Option  Menu item is made w/ whole grain  Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)	 Balanced Choices  Meal Suggestions, Full of Flavor and Packed w/ Essential Nutrients to Get You Through Your Busy Day!!	 To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit. (Excludes potatoes)			



Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week of:
March 22 - 26**

Student Meal: \$2.75 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.25
Meals include, choice of 1% white, skim milk, or ½% chocolate milk
(antibiotic and hormone-free)

Station	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	 Meatball Parm Grinders On Whole Wheat Sub Sweet Potato Fries	 Chicken Lo Mein Steamed Broccoli Whole Wheat Dinner Roll Assorted Fresh Fruit & Veggie	 Penne Pasta w/Meat sauce or Marinara Sauce Green Beans Whole Wheat Bread Sticks	 Beef & Cheese Tacos W/Assorted Toppings Steamed Corn	Chile & Cheese Scoops (House Made Chile and shredded Cheese Served with Tostitos Baked Scoops)
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Turkey & Cheddar Wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u> Peppercorn Chicken Reuben Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u> Buffalo Chicken Wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u> Chicken Parm Sandwich Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u> Reuben on Rye Bread Cheeseburgers & Breaded Chicken Sandwich available daily
 Classic Cheese & Pepperoni Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	<u>Today's Special</u> Sausage & Cheese Stromboli Cheese Pizza Available daily	<u>Today's Special</u> Pepperoni & Cheese Calzone Cheese Pizza Available daily e	<u>Today's Special</u> Specialty Veggie Pizza Cheese Pizza Available daily	<u>Today's Special</u> Italian Dunkers w/dipping sauce Cheese Pizza Available daily	<u>Today's Special</u> Sausage Pizza Cheese Pizza Available daily
	Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u> Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Roast Beef Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad				
	<u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u> Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u> Wild Greens Antipasto Salad w/Whole Wheat Dinner Roll & Fresh Local Apple				
	Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				

Meat Free Option
 Menu item is made w/ whole grain
 Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)

Balanced Choices
 Meal Suggestions, Full of Flavor and Packed w/ Essential Nutrients to Get You Through Your Busy Day!!

















To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal.
 Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit.
 (Excludes potatoes)



Easton-Redding-Region 9 School Districts Helen Keller Middle School Lunch Menu

**Week of:
March 29-31**

Student Meal: \$2.75 • Reduced: \$0.40 • Milk \$0.50 • Adult Meal: \$3.25
Meals include, choice of 1% white, skim milk, or ½% chocolate milk
(antibiotic and hormone-free)

Station	Monday 29	Tuesday 30	Wednesday 31		
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	 Beef & Cheese Nachos Mexican Corn Assorted Fresh Fruit & Veggies	ROAST BEEF DINNER W/Garlic Mashed Potatoes Gravy Fresh Steamed Broccoli. Whole Wheat Dinner Roll Assorted Fresh Fruit	 Barilla Plus Pasta w/meat sauce or Marinara Sauce Green Beans Whole Wheat Bread Sticks		
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Cobb Sandwich Wrap Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u> Peppercorn Chicken Reuben Cheeseburgers & Breaded Chicken Sandwich available daily	<u>Today's Special</u> Buffalo Chicken Wrap Cheeseburgers & Breaded Chicken Sandwich available daily		
 Classic Cheese & Pepperoni Pizza Made w/ Reduced Fat Cheese Fresh Baked Daily	<u>Today's Special</u> Sausage & Pepper Pockets Cheese Pizza Available daily	<u>Today's Special</u> Pepperoni & Cheese Calzone Cheese Pizza Available daily e	<u>Today's Special</u>  Specialty Veggie Pizza Cheese Pizza Available daily		
	Cold Sandwiches & Salads Made Fresh Your Way <u>Available Daily</u>  Tortilla Wraps, Rolls, and Whole Wheat Bread Turkey, Ham, Roast Beef Tuna Salad, Chilled Breaded Chicken Assorted Cheeses Iceberg/Romaine Lettuce, Tomato, Onions, Cucumbers & Fresh Carrots Fresh Homemade Vegetable Pasta Salad				
	<u>Fresh Food Fast- Packaged for Grab N' Go</u> <u>Available Daily</u>  Assorted Salad & Sandwich Meals Fresh Yogurt Parfaits <u>Weekly Special:</u>  Wild Greens Antipasto Salad w/Whole Wheat Dinner Roll & Fresh Local Apple				
	 Cold Fruit & Vegetable Bar Offered Daily Featuring fresh seasonal produce including local items as available				
 Meat Free Option  Menu item is made w/ whole grain  Menu item is made w/ fresh locally grown produce (actual items will vary depending on local seasonal availability)	 Balanced Choices  Meal Suggestions, Full of Flavor and Packed w/ Essential Nutrients to Get You Through Your Busy Day!!	 To encourage the consumption of fresh fruits and vegetables, students can take unlimited accompaniments with their school lunch meal. Accompaniments include mixed green salads, fresh veggie sticks, fresh whole fruit and fresh cut fruit. (Excludes potatoes)			