



## Easton-Redding-Region 9 School Districts Joel Barlow High School Lunch Menu

**Week of:  
March 1-5**

Student Meal: \$3.00 • 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 3/1	Tuesday 3/2	Wednesday 3/3	Thursday 3/4	Friday 3/5
 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  Warm Garlic Bread w/cheese	 Sloppy Joe On A Whole Wheat Roll  Steamed Corn	 Grilled Hot Dog on a Bun w/assorted toppings Chili, Sauerkraut, Bacon  Spicy Fries
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Honey Mustard Turkey Cheddar Wrap Cheeseburgers & Breaded Chicken sandwich are available daily	<u>Today's Special</u> Steak, Cheese, Pepper & Onion on a Wrap Cheeseburger & Breaded Chicken sandwich are available daily	<u>Today's Special</u>  Sausage & Pepper Grinder Cheeseburgers & Breaded Chicken sandwich are available daily	<u>Today's Special</u>  Reubens Cheeseburgers & Breaded Chicken sandwich are available daily	<u>Today's Special</u> Chicken Ceasar Salad Wrap Cheeseburgers & Breaded Chicken sandwich are 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>  Broccoli & Cheese 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				
	<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>  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 Joel Barlow High School Lunch Menu

**Week of:  
March 8-12**

Student Meal: \$3.00 • 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 3/8	Tuesday 3/9	Wednesday 3/10	Thursday 3/11	Friday 3/12
 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	 Shells w/meatsauce Seasoned Green Beans Whole Wheat Bread Sticks	 General Tso Chicken Steamed Rice Flavored Broccoli Egg Roll Fortune Cookie  Assorted Fresh Fruit Or Veggies	 <b>FISH BOAT</b> Oven Baked Clam Strips On a Roll Spicy Oven Fries Cole Slaw
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Reuben  Cheeseburgers & Breaded Chicken  sandwich are available daily	<u>Today's Special</u> Buffalo Chicken Wrap  Cheeseburgers & Breaded Chicken  sandwich are available daily	<u>Today's Special</u> BLT WRAP  Cheeseburgers & Breaded Chicken  sandwich are available daily	<u>Today's Special</u> Chicken Parm Wrap  Cheeseburgers & Breaded Chicken  sandwich are available daily	<u>Today's Special</u> Cobb Sandwich Wrap  Cheeseburgers & Breaded Chicken  sandwich are 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>  <b>Broccoli &amp; Cheese Stromboli</b> 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)	 <b>Balanced Choices</b>  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 Joel Barlow High School Lunch Menu

**Week of:  
March 15 - 19**

Student Meal: \$3.00 • 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 3/15	Tuesday 3/16	Wednesday 3/17	Thursday 3/18	Friday 3/19
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	<b>BARLOW BURGER WRAP</b>  Sweet Potato Fries  Assorted Fresh Fruit Or Veggies	Twin Tacos Beef, Cheese, Lettuce, Tomato, Salsa sauce  Mexican Corn Assorted Fresh Fruit Or Veggies	<b>CARVING STATIONS</b> Corned Beef Oven Roasted Parsley Potatoes.  Steamed Carrots Assorted Fresh Fruit & Veggies	Spaghetti & Meatballs  Garlic Bread  Steamed Green Beans  Assorted Fresh Fruit & Veggies	<b>BREAKFAST FOR LUNCH</b> Whole Grain French Toast Sticks Turkey Sausage Hash Browns <b>Pure Maple Syrup</b> Assorted Fresh Fruit
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Available Daily	<u>Today's Special</u> Reuben  Cheeseburgers & Breaded Chicken sandwich are available daily	<u>Today's Special</u> Bacon Cheeseburgers On Whole Wheat Roll & Breaded Chicken sandwich are available daily	<u>Today's Special</u> Turkey & Cheddar Wrap Cheeseburgers & Breaded Chicken sandwich are available daily	<u>Today's Special</u> Chicken Parm Wrap Cheeseburgers & Breaded Chicken sandwich are available daily	<u>Today's Special</u> Sausage & Pepper on a Whole Wheat Grinder Cheeseburgers & Breaded Chicken sandwich are 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)	 <b>Balanced Choices</b>  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 Joel Barlow High School Lunch Menu

**Week of:  
March 22 - 26**

Student Meal: \$3.00 • 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 3/22	Tuesday 3/23	Wednesday 3/24	Thursday 3/25	Friday 3/26
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	 Meatball Grinders On Whole Wheat Sub  Sweet Potato Fries	Chicken Lo Mein  Steamed Broccoli  Whole Wheat Dinner Roll Assorted Fresh Fruit	 Penne Pasta w/Meat sauce of Marinara Sauce Green Beans  Whole Wheat Bread Sticks	Beef & Cheese Tacos  W/Assorted Toppings  Steamed Corn	Chili & Cheese  Scoops  (House Made Chili and Shredded Cheese Served with Tostitos Baked Scoops)
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Oven Baked Fries Served Daily	<u>Today's Special</u> Turkey/Cheddar Wrap Cheeseburgers & Breaded Chicken  sandwich are available daily	<u>Today's Special</u> Peppercorn Chicken Reuben Cheeseburgers & Breaded Chicken  sandwich are available daily	<u>Today's Special</u> Buffalo Chicken Wrap Cheeseburgers & Breaded Chicken  sandwich are available daily	<u>Today's Special</u> Chicken Parm Sandwich Cheeseburgers & Breaded Chicken  sandwich are available daily	<u>Today's Special</u> Reuben on Rye Bread  Cheeseburgers & Breaded Chicken  sandwich are 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	<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)	 <b>Balanced Choices</b>  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 Joel Barlow High School Lunch Menu

**Week of:  
March 29 - 31**

Student Meal: \$3.00 • 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 3/29	Tuesday 3/230	Wednesday 3/31		
 Favorite Comfort Foods & International Flavors Served Your Way in a Portable Bowl	Beef & Cheese Nachos  Mexican Corn  Assorted Fresh Fruit & Veggies	<b>CARVING STATION</b> FRESH COOKED ROAST BEEF Garlic Mashed Potatoes Gravy Fresh Steamed Broccoli Whole Wheat Dinner Roll Assorted Fresh Fruit	 Barilla Plus Pasta w/Meat sauce of Marinara Sauce Green Beans  Whole Wheat Bread Sticks		
 Lean Beef Burgers w/Cheese & Breaded Chicken Sandwiches Oven Baked Fries Served Daily	<u>Today's Special</u> Turkey/Cheddar Wrap Cheeseburgers & Breaded Chicken 🍴 sandwich are available daily	<u>Today's Special</u> Peppercorn Chicken Reuben Cheeseburgers & Breaded Chicken 🍴 sandwich are available daily	<u>Today's Special</u> Buffalo Chicken Wrap Cheeseburgers & Breaded Chicken 🍴 sandwich are 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	<u>Today's Special</u>  <b>Specialty Veggie Pizza</b> 🍴 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)	 <b>Balanced Choices</b>  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)			