



# MARCH | 2024

## Leicester High School

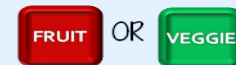
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Salad Bar is Available At The High School During Lunch Time Enjoy a Healthy &amp; Delicious Salad Featuring Locally Grown Produce</b></p> <p><b>28</b> Daily Options -Grab &amp; Go Sandwich -Grab &amp; Go Salad -Fruit, Yogurt and -Sun Butter &amp; Jelly -Vegetarian Options</p> <p><b>4</b> <b>BBQ Grilled Chicken Sandwich W/ Lettuce &amp; Tomato Seasoned Curly Fries Honey Dill Carrots, Apple Sauce Cup</b> <b>ALTERNATE ENTRÉE</b> Cheese/ Hamburger</p> <p><b>11</b> <b>Cheeseburger Mac-N- Cheese W/ WG Roll</b> Roasted Broccoli, Assorted Fresh Fruit <b>ALTERNATE ENTRÉE</b> Chicken Tenders</p> <p><b>18</b> <b>Chicken Bacon Ranch Sandwich</b> Sweet Potato Fries Broccoli Salad Mixed Fruit Cup <b>ALTERNATE ENTRÉE</b> Cheese/Hamburger</p> <p><b>25</b> <b>Boneless Buffalo Chicken Wings</b> Sweet Potato Fries, Zucchini &amp; Carrot Sticks w/ light Ranch Dip, Peach Cup <b>ALTERNATE ENTRÉE</b> Pizza</p>	<p><b>27</b> Daily Options -Grab &amp; Go Sandwich -Grab &amp; Go Salad -Fruit, Yogurt and -Sun Butter &amp; Jelly -Vegetarian Options</p> <p><b>5</b> <b>Taco Tuesday!</b> Mexican Rice, Mexicali Corn Lettuce, Tomato, cheese Southwest Salsa, Sour Cr. Guacamole, Peach Cup <b>ALTERNATE ENTRÉE</b> Cheese Enchilada</p> <p><b>12</b> <b>BBQ Sloppy Joe Sandwich</b> WG Hoagie Roll, Crinkle Cut fries, Baked Beans, Mixed Fruit Cup <b>ALTERNATE ENTRÉE</b> Hot Dogs</p> <p><b>19</b> <b>Popcorn Chicken Bowl W/ Mashed Potato, corn, Gravy &amp; Cheddar Cheese WG Dinner Roll</b> Peach Cup <b>ALTERNATE ENTRÉE</b> Ciabatta Cheese Melt</p> <p><b>26</b> <b>Ziti &amp; Meatballs W/ WG Pasta</b> Italian Seasoned Green Beans Fruit Cocktail <b>ALTERNATE ENTRÉE</b> Cheese Calzone</p>	<p><b>28</b> Daily Options Include choice of Vegetable of the day, fruit &amp; Non- fat milk to create a complete meal</p> <p><b>6</b> <b>Chicken Alfredo Over WG Penne Roasted Broccoli, WG Bread Stick Assorted Fresh fruit</b> <b>ALTERNATE ENTRÉE</b> Cheese Lasagna</p> <p><b>13</b> <b>Grilled Cheese Broccoli Cheddar Soup</b> Zucchini &amp; Carrot Sticks W/ Light Ranch Dip Apple Slices <b>ALTERNATE ENTRÉE</b> Chicken Pattie</p> <p><b>20</b> <b>Philly Cheese Steak WG Hoagie Roll Seasoned Curly Fries Roasted Peppers &amp; Onions Fresh Orange Wedges</b> <b>ALTERNATE ENTRÉE</b> Chicken Pattie</p> <p><b>27</b> <b>Southwest Chicken Cheese Steak Hoagie</b> Nachos W/ Cheese, Salsa, Guacamole, sour cream, Roasted Peppers, Pears <b>ALTERNATE ENTRÉE</b> Cheese/Hamburger</p>	<p><b>29</b> <b>Milk is FREE W/ a School Meal. Purchased Separately Milk is \$ .60.</b> <b>Pre-order Deli Sandwiches Available Monday-Friday</b></p> <p><b>7</b> <b>Meatball Grinder</b> Sweet Potato Wedges Mixed Garden Salad W/ Spinach, Tomatoes, carrots Mixed Fruit Cup <b>ALTERNATE ENTRÉE</b> Chicken Pattie</p> <p><b>14</b> <b>Big Daddy's Ultimate Pizza</b> Romaine Salad W/ Caesar Dressing Assorted Fresh Fruit <b>ALTERNATE ENTRÉE</b> Pepperoni Calzone</p> <p><b>21</b> <b>General Tso's Chicken, WG Lo Mein W/ Mandarin Stir Fry Veg. Pineapple Chunks</b> <b>ALTERNATE ENTRÉE</b> Beef teriyaki</p> <p><b>28</b> <b>Brunch @ Lunch</b> Colby Cheese Omelet W/ Sausage links, Hash Brown Potatoes, Cucumber Coins Fresh Fruit Cup <b>ALTERNATE ENTRÉE</b> Ciabatta Cheese Melt</p>	<p><b>1</b> <b>Mozzarella Sticks W/ Marinara Sauce</b> Spinach Salad w/ Tomato Three Bean Salad Pear Cup <b>ALTERNATE ENTRÉE</b> Meat Lovers Stromboli</p> <p><b>8</b> <b>Stuffed Crust Pizza</b> Cheese or Pepperoni Fresh Red &amp; Green Pepper Strips W/ Dip Apple Slices <b>ALTERNATE ENTRÉE</b> Fiery Chicken Fingers</p> <p><b>15</b> <b>Professional Development</b>  No School</p> <p><b>22</b> <b>Cheese Stuffed Breadsticks W/ Marinara Sauce, Fresh Spinach Salad</b> Apple Slices <b>ALTERNATE ENTRÉE</b> Chicken Tenders</p> <p><b>29</b> <b>No School</b></p>

### What Makes a Lunch?

Select 3-5 Components



One must be a



Students **MUST** take **AT LEAST 3** out of 5 meal components to be considered a complete meal. A

**½ cup Fruit or ½ cup vegetable** is **MANDATORY W/ a meal.**

The 5 components to choose from are: Meat/Meat Alternate, Grain, Milk, Fruit, and Vegetable.

**Breakfast & Lunch are FREE for all students this year**

The State of MA has voted to extend free meals to all students for the 2023-2024 school year. Even though meals are free, the State has required districts to update students Free/Reduced/ Paid status by collecting Free & Reduced Applications this year. All households with students enrolled at the H.S. are highly encouraged to complete a 2023-24 Free and Reduced meal application (available online, High School main office & the central office).

Menus as well as other food service department information, including our Non-Discrimination Statement, are available on line @

[www.lpsma.net/departments/foodservice](http://www.lpsma.net/departments/foodservice)

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