

MARCH 2022

Kaynor Technical High School

Monday

Tuesday

Wednesday

Thursday

Friday

1
Yang's BBQ Teriyaki Chicken
Over Steamed Rice
Honey Glazed Carrots
Fruit Choices Milk Choice

2
Lasagna Roll Up in
Marinara Sauce
Seasoned Green Beans
Garlic Bread Stick
Fruit Choices Milk Choice

3
Baked Chicken Mac
OR Buffalo Chicken Mac
Warm Dinner Roll
Steamed Broccoli Florets
Fruit Choices Milk Choice

4
Nardone's Pizza Square
With Assorted Toppings
Mixed Garden Salad
Fruit Choices
Milk Choice

7
Crispy or Spicy Chicken
Patty on Bun
Potato Wedge Fries
Fruit Choices
Milk Choice

8
Quesadilla Pizza
Tomato Soup
Fruit Choices
Milk Choice

9
Pasta with Meat Sauce
Garlic Knot Roll
Seasoned Green Beans
Fruit Choices
Milk Choice

10
Sweet Thai Chili Chicken
Over Steamed Rice
Honey Glazed Carrots
Fruit Choices Milk Choice

11
Cheese Pizza with
Assorted Toppings
Mixed Garden Salad
Fruit Choices
Milk Choice

14
Crispy Chicken Nuggets
Kernel Corn
Warm Dinner Roll
Fruit Choices
Milk Choice

15
Beef Patty on Roll with
Cheese, Lett, Tom, Pickle
Sweet Potato Crinkle Cuts
Fruit Choices
Milk Choice

16
Meat Ball Grinder
With Melted Cheese
Seasoned Green Beans
Fruit Choices
Milk Choice

17
Taco Chicken with
Tortilla Chips, Cheese Sauce
Salsa, Lett, Tom
Seasoned Red Rice
Fruit Choices
Milk Choice

18
Cheese Pizza with
Assorted Toppings
Mixed Garden Salad
Fruit Choices
Milk Choice

21
Crispy/Spicy Chicken Tenders
Warm Bread Stick
Kernel Corn
Fruit Choices
Milk Choice

22
Philly Style Steak &
Cheese on Roll
Oven Fries
Fruit Choices
Milk Choice

23
Pasta with Meat Sauce
Garlic Knot Roll
Seasoned Green Beans
Fruit Choices
Milk Choice

24
Diced Chicken in Grav
Over Whipped Potatoes
Warm Biscuit
Fruit Choices
Milk Choice

25
Skills USA Day
No Regular Classes

28
Crispy or Spicy Chicken
Patty on Bun
Potato Wedge Fries
Fruit Choices
Milk Choice

29
Sloppy Joe on Roll
Sweet Potato Crinkle Cuts
Fruit Choices
Milk Choice

30
Loaded Nachos:
Taco Chicken, Cheese Sauce,
Salsa, Refried Beans
Steamed Rice
Fruit Choices Milk Choice

31
Grilled Cheese Sandwich
Tomato Soup
Fruit Choices
Milk Choice



Daily Entrée Options May Include Assorted Sandwiches and Chef Salads with Roll
Fruit Options Include Fresh, Canned in Light Syrup or Juice, Dried and 100% Fruit Juice
Milk Choices Include: 1% White, Fat Free Chocolate & Lactaid
Assorted Fresh Veggie Cups Daily