





March 2024

Muroc SD 9-12 Lunch Menu

Menu Subject to Change

Kern County
Superintendent of Schools

Advocates for Children

Monday	Tuesday	Wednesday	Thursday	Friday
				1 HOT DOG HOT DOG BUN POTATO WEDGES MUSTARD Whole Fruit 1 Ea JUICE MILK CHOICE
4 CHICKEN NUGGETS BBQ BEANS CUCUMBER COINS RANCH DRESSING Whole Fruit 1 Ea JUICE MILK CHOICE	5 BEAN & CHEESE BURRITO BABY CARROTS TACO SAUCE TAJIN Whole Fruit 1 Ea JUICE MILK CHOICE	6 HOMEMADE MAC & CHEESE SHREDDED CHEESE CRACKERS BROCCOLI Whole Fruit 1 Ea JUICE MILK CHOICE	7 JAMAICAN JERK CHICKEN CILANTRO LIME RICE COLESLAW SALSA Whole Fruit 1 Ea JUICE MILK CHOICE	8 CHEESEBURGER POTATO WEDGES MUSTARD Whole Fruit 1 Ea JUICE MILK CHOICE
11 NACHO CHEESE SAUCE TURKEY TACO MEAT SHREDDED CHEESE REFRIED BEANS SALSA TORTILLA CHIPS Whole Fruit 1 Ea JUICE MILK CHOICE	12 TURKEY TACO NADA BABY CARROTS TACO SAUCE TAJIN Whole Fruit 1 Ea JUICE MILK CHOICE	13 HOMEMADE PIZZA GREEN SALAD DICED TOMATO RANCH DRESSING Whole Fruit 1 Ea JUICE MILK CHOICE	14 CHICKPEA CURRY FLATBREAD BABY CARROTS RANCH DRESSING Whole Fruit 1 Ea JUICE MILK CHOICE	15 SMOKIE GRILL BEEF RIB SUB ROLL POTATO WEDGES Whole Fruit 1 Ea JUICE MILK CHOICE
18 CHILI BEANS SHREDDED CHEESE CORNBREAD MUFFIN CUCUMBER COINS RANCH DRESSING Whole Fruit 1 Ea JUICE MILK CHOICE	19 PEPPERONI PIZZA POCKET BABY CARROTS RANCH DRESSING Whole Fruit 1 Ea JUICE MILK CHOICE	20 PASTA ALFREDO MOZZARELLA CHEESE STICK CRACKERS BROCCOLI Whole Fruit 1 Ea JUICE MILK CHOICE	21 KOREAN BEEF BROWN RICE CUCUMBER COINS BABY CARROTS TAJIN Whole Fruit 1 Ea JUICE MILK CHOICE	22 BREADED CHICKEN PATTY HAMBURGER BUN POTATO WEDGES MAYONNAISE Whole Fruit 1 Ea JUICE MILK CHOICE
25 COWBOY CAVIAR TORTILLA CHIPS BABY CARROTS RANCH DRESSING Whole Fruit 1 Ea JUICE MILK CHOICE	26 CHICKEN CORN DOG RANCH BEANS MUSTARD Whole Fruit 1 Ea JUICE MILK CHOICE	27 BEEF SPAGHETTI CRACKERS BROCCOLI Whole Fruit 1 Ea JUICE MILK CHOICE	28 GREEK CHICKEN FLATBREAD CUCUMBER GREEK SALAD BABY CARROTS TZATZIKI SAUCE Whole Fruit 1 Ea JUICE MILK CHOICE	29 MEATBALL SUB SANDWICH POTATO WEDGES Whole Fruit 1 Ea JUICE MILK CHOICE

This institution is an
equal
opportunity provider

All Bread/Grain Items
Are Whole Grain