BAHS \	NEEK Ma	arch	25-	29
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DAI	WEEK WIGHTI 25- 25							
	Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28				
O N A B U N	Chicken Filet Sandwich 42g Potato wedges 15.2g	Hamburger 28g Cheeseburger 29g Baked beans 36.2g	Grilled Cheese 35g Marinara sauce 6.5g Crinkle fries 15.9g	Spicy Chicken Sandwich 19g Sandwich garnish Tots 14.1g	BBQ Cheeseburger 13.2g Waffle fries 22.5g	All entrees are served with a choice of milk.		
S	Burrito/Taco Bar-see list	Walking Nachos see list	Burrito/Taco Bar-see list	Burrito/Taco Bar-see list	Burrito/Taco Bar-see list	Daily selections available include, baby carrots, green salad, beans, and seasonal vegetables.		
E R R A N						Visit Fresh Fusion in the Student Union for boxed sandwiches, salad lunches, and yogurt/fruit parfaits.		
L O C A	Fish nuggets 34.8g WW Roll 25.5g Cole slaw 19.2g	Walking Nachos see list	Drumsticks 5.8g Mashed potatoes 18.2g Brown gray 3.3g Banana Bread 31.6g	Spaghetti 34g w/ meat sauce 7.8g Garlic Bread 26.3g Side salad 1.5g	Chicken Fried Steak 14g Mashed Potatoes 18.2g gravy 5.9g WW Roll 25.5g	Don't forget our coffee bar for quick beverages and grab-n-go snacks.		
L			Carrots 8.8g	·	VVV (VOII 20.5g	Discover new dipping sauces. Carb counts are listed in red by the food item.		
C O	Chicken Tenders 16.2g WW Roll 25.5g	Nashville hot 0.6g WW Roll 25.5g	Popcorn chicken 15g WW Roll 25.5g	Chicken chunks 14.9g				
P	Potato wedges 15.2g	Baked beans 36.2g	Crinkle fries 15.9g	WW Roll 25.5g Tots 14.1g		For Cici's pizza, boxed salads, milk, hot and cold sandwiches carb counts – see list		
T R A T T O R	Cici's Pizza- <u>see list</u>	Cici's Pizza- <u>see list</u>	Cici's Pizza- <u>see list</u>	Cici's Pizza- <u>see list</u>	Cici's Pizza- <u>see list</u>			
W O K I N	Teriyaki chicken 28.1g Brown rice 35g Stir fry veg 5.3g	Honey sriracha 34g Midori veg 9.4g Brown rice 35g	Orange chicken 38.4g Kyoto 9.3g, Brown rice 35g	General Tso Chicken 36.5g Oriental veg 2.7g Brown rice 35g	Cherry Blossom Chicken 41.7g Brown Rice 35g Stir-fry veg 5.3g,	Broken Arrow Public Schools is an equal opportunity provider and employer.		

Menus subject to change / Students must select a fruit or vegetable to have a complete meal according to federal guidelines Students must take a fruit or vegetable to have a qualifying meal