



MARCH 2017 Lunch Menu

BREAKFAST IS AVAILABLE AT ALL SCHOOLS - COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY

Monday	Tuesday	Wednesday	Thursday	Friday
		3/1 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Steamed Carrots Chilled Fruit Cup	3/2 Dr. Seuss' Birthday Thing One Hamburger or Thing Two Cheeseburger Cat in the Hat Lettuce & Tomato Knox Oven Fried Potatoes Diffendoofer Chilled Fruit Cup	3/3 Turkey Grinder Or Cheese Grinder Baked Chips Veggie Sticks w/dip Chilled Fresh Fruit Cup
3/6 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	3/7 Chicken Fajitas Sautéed Onions & Peppers Salsa & Sour Cream Black Bean Rice Chilled Fruit Cup	3/8 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Garden Salad Chilled Fruit Cup	3/9 Early Dismissal – All Schools Homemade Chicken Noodle Soup with Fresh Vegetables Fresh Roll Chilled Fresh Fruit	3/10 No School - Professional Development Day
3/13 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	3/14 Baked Mac & Cheese Green Beans Whole Wheat Dinner Roll Sherbet Cup	3/15 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Broccoli Chilled Fruit Cup	3/16 Ham Grinder Or Cheese Grinder Pretzels Veggie Sticks w/dip Chilled Fresh Fruit Cup	3/17 Fluffy Pancakes Strawberry Topping Sausage Links Fresh Fruit Cup
3/20 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	3/21 Beef & Bean Nachos Salsa & Sour Cream Roasted Corn Chilled Fruit Cup	3/22 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Green Peas Chilled Fruit Cup	3/23 Elementary Early Dismissal Crispy Chicken Pattie Sandwich Lettuce & Tomato Baked Sweet Potatoes Wedges Chilled Fruit Cup	3/24 Elementary Early Dismissal Sausage, Egg & Cheese Sandwich Or Egg & Cheese Sandwich Hash brown Potatoes Vegetable Sticks Fresh Fruit Cup
3/27 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	3/28 All Beef Hot Dog on a bun Baked Beans & Coleslaw Veggie Sticks w/ dip Fresh Fruit Cup	3/29 Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Green Beans Chilled Fruit Cup	3/30 Hamburger or Cheeseburger Lettuce & Tomato Oven Fried Potatoes Chilled Fruit Cup	3/31 Toasted Ham & Cheese Sandwich Or Toasted Cheese Sandwich Tomato Soup Veggie Sticks w/Dip Chilled Fruit Cup

Meal Price \$ 2.75

Milk \$0.50 each

Adult Meal Price \$ 3.75

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables.

Meals include a source of protein, grains, vegetables, a milk & fruit or juice. We proudly offer locally grown, seasonal fresh fruits & vegetables. All Bread & Pasta items are Whole Wheat.

Menu Subject to change without advance notice. Sandwich and or Salad choice available.

For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420