

March

LUNCH MENU

PRE-PACK SCHOOLS - GRADES 9-12

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MARCH IS DAIRY MONTH!

Milk: A Nutritious Power House with 9 essential nutrients to fuel your day!

Did you know that Milk served in all our schools is served from a local CT family owned dairy without Rbst?



1

Curried Chicken
Brown Rice
Green Peas
Fresh Shredded Carrot
and Raisin Salad
Whole Grain Vegetable Egg Roll
Fruit Choice
Milk Choice

4

Snow Day

5

Whole Grain Personal Cheese Pizza
Carrot and Celery Sticks with
Low Fat Ranch Dip
100% Fruit Juice
Fruit Choice
Milk Choice

6

Baked Breaded Chicken and
Whole Grain Mini Waffles with
Smart Balance Margarine
and Syrup
Farm Fresh Veggie Sticks and
Ranch Dip
Steamed Farm Fresh Spinach with
Diced Red Peppers
Vegetable Juice
Fruit Choice
Milk Choice

7

Hamburger on a Whole Grain Roll
Lettuce and Sliced Tomato
Oven Baked Yucca Sticks
Oven Roasted Cinnamon
Butternut Squash
Fruit Choice
Milk Choice

8

Beef Taco Meat and Taco Chips
Mediterranean Chick Pea Salad with
Fresh Parsley and Lemon Zest
Fajita Style Brown Rice
Shredded Lettuce and Tomato
Shredded Cheese
Fruit Choice
Milk Choice

EARLY RELEASE

11

Cherry Blossom Chicken
Brown Rice
Broccoli Florets
Whole Grain Egg Roll
Fruit Choice
Milk Choice

12

All Beef Hot Dog on
Whole Grain Roll
Vegetarian Baked Beans
Carrot Coins
Fruit Choice
Milk Choice

Pre-K Only: Whole Grain Pizza

13

Whole Grain French Toast Sticks
with Syrup
Chicken Sausage Patty
Hash Brown Rounds
Vegetable Juice
Fruit Choice
Milk Choice

14

Chicken Pot Roast
Mashed Potatoes with Gravy
Green Beans
Warm Apple Stick
Fruit Choice
Milk Choice

15

BBQ Beef Rib on a
Whole Grain Roll
Potato Smiles
Crisp Cucumber Slices and
Red Pepper Strips with
Low Fat Ranch Dip
Vegetable Juice
Fruit Choice
Milk Choice

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|---|--|--|--|--|
| 18 | 19 | 20 | 21 | 22 |
| Whole Grain Cheese Pizza High Protein Orange - Ginger Edamame Celery and Cherry Tomato Cup with Low Fat Ranch Dip Vegetable Juice Fruit Choice Milk Choice | Chicken Fajitas with Red Onions, Green and Red Peppers Whole Grain Flatbread Brown Rice Corn Niblets with Diced Red Peppers Shredded Cheese and Salsa Fruit Choice Milk Choice | Salisbury Steak with Mashed Potatoes and Gravy Farm Fresh Rainbow Swiss Chard Whole Grain Garlic Knots Fruit Choice Milk Choice | Oven Roasted Chicken Leg Brown Rice Platanos Dulces/Ripe Plantains Green Lettuce Salad with Shredded Carrots and Choice of Dressing Whole Grain Dinner Roll Fruit Choice Milk Choice | Local Acadian Red Fish with Tartar Sauce OR Stuffed Cheeseburger on a Whole Grain Dinner Roll Cinnamon Chipotle Seasoned Potato Wedges Citrus Beet Salad Scott's Whole Grain Dinner Roll Fruit Choice Milk Choice |
| 25 | 26 | 27 | 28 | 29 |
| Baked Breaded Chicken Chunks Green Beans Brown Rice Whole Grain Biscuit Fruit Choice Milk Choice | Baked Potato Conquest Sidewinders with Cheese Sauce and Seasoned Beef Lime Cilantro Black Beans Scott's Whole Grain Dinner Roll 100% Fruit Juice Fruit Choice Milk Choice | Grilled Teriyaki Chicken on a Whole Grain Roll Potato Wedges Farm Fresh Vegetable Medley Fruit Choice Milk Choice | Whole Grain Cheese Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice | Lemon Grass Chicken Seasoned Brown Rice Farm Fresh Bok Choy with Fresh Ginger and Garlic Whole Grain Dinner Roll Fruit Choice Milk Choice Whole Grain Treat |

DID YOU KNOW?

- Milk served in our cafe is from a local CT family owned dairy farm from cows that are NOT treated with the growth hormone rBST!
- All menu items are served fresh, steamed, roasted, or baked and low in saturated fat.
- Heart Healthy Olive Oil is used to prepare our fresh veggies!
- We serve only 100% Whole Grain!
- Locally sourced fresh fruit and veggies are served every chance we get!
- All menu items are artificial and trans fat free!

DAILY ALTERNATIVES

- Whole Grain Bagel Protein Plate with 2 of the following: Yogurt, Cheese Stick, Sunbutter or Sunflower Seeds
- Whole Grain Sunbutter Sandwich
- Assorted Sandwiches on a Whole Grain
- Assorted Salads with Scott's Whole Grain Roll
- Black Bean Burger on a Whole Grain Roll
- Vegetarian Hummus Plate with Sunflower seeds, Carrots, & Whole Grain Crackers

Baby carrots and low fat dip are offered at lunch every day!



Remember **ALL** meals include your choice of milk, fruit, and any of the vegetables of the day!

Make time for SCHOOL BREAKFAST!

Breakfast is served Daily in ALL our schools!



Although we make every effort to serve menus as planned, this menu may change without notice.

This Is An Equal Opportunity Institution