

# March

## LUNCH MENU

### PRE-PACK SCHOOLS - GRADES K-8

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  
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

<p><b>18</b></p> <p>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</p>	<p><b>19</b></p> <p>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</p>	<p><b>20</b></p> <p>Salisbury Steak with Mashed Potatoes and Gravy Farm Fresh Rainbow Swiss Chard Whole Grain Garlic Knots Fruit Choice Milk Choice</p>	<p><b>21</b></p> <p>Oven Roasted Chicken Leg Brown Rice Platanos Dulces/Ripe Plantains Green Lettuce Salad with Shredded Carrots and Choice of Dressing Fruit Choice Milk Choice</p>	<p><b>22</b></p> <p>Local Acadian Red Fish with Tartar Sauce OR Stuffed Cheeseburger on a Whole Grain Roll Cinnamon Chipotle Seasoned Potato Wedges Citrus Beet Salad Fruit Choice Milk Choice</p>
<p><b>25</b></p> <p>Baked Breaded Chicken Chunks Green Beans Brown Rice Fruit Choice Milk Choice</p>	<p><b>26</b></p> <p>Baked Potato Conquest Sidewinders with Cheese Sauce and Seasoned Beef Lime Cilantro Black Beans Whole Grain Dinner Roll 100% Fruit Juice Fruit Choice Milk Choice</p>	<p><b>27</b></p> <p>Grilled Teriyaki Chicken on a Whole Grain Roll Potato Wedges Farm Fresh Vegetable Medley Fruit Choice Milk Choice</p>	<p><b>28</b></p> <p>Whole Grain Cheese Pizza Celery and Carrot Sticks with Low Fat Ranch Dressing Vegetable Juice Fruit Choice Milk Choice</p>	<p><b>29</b></p> <p>Lemon Grass Chicken Seasoned Brown Rice Farm Fresh Bok Choy with Fresh Ginger and Garlic Fruit Choice Milk Choice Whole Grain Treat</p>

### 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**