

## March 2019

Fueling Our Students Daily

Monday thru Friday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Alternate Lunches Bagel &amp; Yogurt or String Cheese Plate Cereal &amp; Yogurt or String Cheese Plate Chef Salad Plater Deli Bar Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>					<p>[1] <b>Pizza</b> Romaine Lettuce Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>
<p>All lunches are served with a choice of fruit, vegetable, corn &amp; bean salad and Milk-- 1%, Skim or fat free flavored Take at least 3 food groups for a healthy meal: Fruit or Vegetable or both Whole Grain Food Lean Protein Dairy</p>	<p>[4] <b>Chicken Nuggets</b> Garden Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[5] <b>Hamb or Cheeseburger on a bun</b> Steamed Sweet Corn Sweet Potato Fries</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[6] <b>Brunch for Lunch</b> Hash Brown Potatoes Sausage Links</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[7] <b>"BOAR'S HEAD Deli DAY"</b> Deli meats with assorted toppings Garden Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[8] <b>Stuffed Crust Pizza</b> Romaine Lettuce Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>
<p>A La Carte Entrée: \$2.50 A La Carte Fruit &amp; Veg: \$0.75 Bottle Water \$0.50 Fruit Juice: \$0.50 Ice Cream \$0.80 - \$2.00 Snack Items: \$0.50 - \$2.00 Chips, ice cream or frozen fruit bars</p>	<p>[11] <b>Mozzarella Sticks with Sauce</b> Romaine Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[12] <b>Baked Chicken Tenders</b> with whole wheat dinner roll Mashed Potatoes Steamed Mixed Veggies</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[13] <b>Nachos &amp; Tortilla Chips</b> Garden Salad Brown Rice</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[14] <b>"BOAR'S HEAD Deli DAY"</b> Deli meats with assorted toppings Garden Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[15] <b>5" Round Pizza</b> Romaine Lettuce Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>
<p>Breakfast is now being served Mon-Fri</p> <p>The Food Service Department is looking for substitute help in our Cafeterias. Please contact Peter Brooks at 203-263-3190</p>	<p>[18] <b>Chicken Filet on a roll</b> Curly Fries Steamed Green Beans</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[19] <b>Chicken Nuggets</b> Sweet Potato Fries Steamed Green Peas</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[20] <b>Meatball Grinders</b> Calif Blended Veggies</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[21] <b>"BOAR'S HEAD Deli DAY"</b> Deli meats with assorted toppings Garden Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[22] <b>Stuffed Crust Pizza</b> Romaine Lettuce Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>
	<p>[25] <b>Hamburger or Chburger</b> Steamed Broccoli Cuts Oven Potatoes</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[26] <b>Chinese Dinner</b> Chicken in orange sauce Rice Broccoli Cuts Fortune Cookie</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[27] <b>Brunch for Lunch</b> Hash Brown Potatoes Sausage Links</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[28] <b>"BOAR'S HEAD Deli DAY"</b> Deli meats with assorted toppings Garden Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>	<p>[29] <b>Stuffed Crust Pizza</b> Romaine Lettuce Salad</p> <p>Veggie Tray or Corn &amp; Bean Salad Rainbow Fruit Tray Milk-- 1%, Skim or fat free flavored</p>

Menu Subject to Change without Prior Notice

This institution is an equal opportunity provider

