

MIDDLE SCHOOL LUNCH

March 2010



Info

Student Lunch \$2.25
 Reduced \$.25
 Adult Lunch \$3.50
 2nd Entrée \$1.75

Available Daily:
 Choice of Fresh Fruit, Fruit Cup, or 100% Fruit Juice and Choice of, 1%, Skim or ½ % Chocolate Milk Included with Lunch Price
 Milk is anti-biotic hormone free

Menu items subject to change with out notice.
 Please call 845-526-7847 x1321 with any questions.

1	2	3	4	5
NO SCHOOL DUE TO WEATHER	Oven Fried Chicken w/Mashed Potatoes w/Gravy	Pizza Dippers w/ Marinara Sauce w/Broccoli Cuts	Baked Ziti w/ Meat Sauce w/ Green Beans & Italian Bread	Twin Tacos Black Beans & Fixins w/Golden Corn
8	9	10	11	12
Chicken Parmesan on Bun w/Broccoli Cuts	Chicken Teriyaki W/Brown Rice & Stir Fry Veggies	Meat & Cheese Quesadilla w/Mexican Corn	Meatball Parm Wedge w/Green Beans	Macaroni & Cheese w/Dinner Roll & Broccoli Cuts
15	16	17 St. Patrick's Day	18	19
Chicken Fingers w/Twisted rice with peas and carrots	Philly Steak Wedge w/Carrots	French Toast Sticks w/Yogurt Parfait & Hash Brown	Oven Roasted Chicken W/ Roasted Potatoes	Nacho Platter w/Golden Corn
22	23	24	25	26
Chicken Fingers w/twisted rice with peas & carrots	Mozzarella Sticks w/Dinner Roll w/Broccoli cuts	Spaghetti & Meatballs w/Italian Bread & Green Beans	Sloppy Joe on WW Bun w/Tater Tots	No school Superintendent Conference Day

Grill/Pizza

Daily grab and Go...

Grilled Cheese

Monday
Pepperoni or Cheese
Pizza

Tuesday
Hamburger/Cheeseburger
Garden Burger

Wednesday
Cheese Pizza

Thursday
Hamburger/Cheeseburger
Garden Burger

Friday
Cheese Pizza

DELI ...MADE 2 ORDER

start with a grain
 breads, bagels, rolls, etc...
 get some protein
 meats, turkey, salads
 find some cheese
 American, Mozzarella...
 customize it
 vegetables, spreads...

Turkey Ranch Wrap

Italian Combo

American Combo

Egg Salad Wrap

grab and go

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Tuna Salad
w/Crackers

Chicken Caesar
Shaker

Egg Salad
w/Crackers

Shaker Chef Salad

March Specials in
 addition to listed menu
 items

3/11 Greek Salad Pita
 3/12 Italian Combo
 3/17 Green Apple Sour
 Sauce

Fuel

Explore World Flavors
 March 8-12

Fuel is designed to combat menu fatigue by featuring new and exciting signature menu items, while reinforcing a healthy school lunch as an important way for students to get the fuel they need to participate in their favorite activities throughout the busy school day.