


















## March 2023 Elementary & Middle School Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2022-23 Prices</b> <b>Lunch: \$2.65</b> <b>Milk \$.60</b> <b>2nd Entrée \$1.50</b> <b>Snacks: \$0.75</b> <b>Ice Cream: \$1.00</b> <b>Water/Juice: \$1.00</b>	<b>FREE FRIDAYS</b>				
	Breakfast and lunch are FREE every Friday for the remainder of the 2022-23 school year! Free Friday's are made possible due to an excess of Supply Chain Assistance Funding from the USDA. They are a great opportunity to try something new!				
<b>Weekly Salad - Cobb w/ Chicken, Tomato, Mozzarella, Bacon, &amp; Hard Boiled Egg</b>					
<b>Included Daily</b> Seasonal Fresh and/or Canned Fruit Choice of 1% White or Chocolate Milk	Chicken Nuggets Corn Bread <b>or</b> Egg Salad Sandwich Roasted Red Potatoes <b>NYS Green Beans</b> 6	Chicken Quesadilla <b>or</b> Pulled Pork Sandwich Steamed Corn Seasoned Black Beans 7	PIZZA CRUNCHERS  (Sauce & cheese baked in whole grain breading) <b>or</b> Ham Sandwich Caesar Salad Baby Carrots 8	 Cheeseburger <b>or</b> <b>POWER PACK</b> with Vanilla Yogurt, String Cheese & Granola Bar French Fries Veggie Sticks 9	<b>FREE FRIDAY</b> Cheese or Pepperoni Pizza <b>or</b> Chicken Caesar Wrap Glazed Carrots Roasted Chickpeas 10
	<b>Weekly Salad - Chicken &amp; Assorted Vegetables</b>				
<b>Daily Alternates:</b> <b>PBJ Meal</b> <b>Salad Meal</b>  <b>Soft Pretzel w/ Cheese</b> available for middle school	Spaghetti & Meatballs Baked Bread <b>or</b> Chicken Parm Sandwich Roasted Broccoli Caesar Salad 13	Pancakes & Sausage <b>or</b> Ham, Egg & Cheese on English Muffin Potato Puffs Baby Carrots 14	Nachos w/ Beef  & Cheese Sauce Fluffy Brown Rice <b>or</b> Turkey Sandwich Steamed Corn Refried Beans 15	Cheese or Pepperoni Pizza <b>or</b> BBQ Chicken Sandwich  NYS Green Beans Caesar Salad 16	 <b>FREE FRIDAY</b> Macaroni & Cheese with Fish Sticks <b>or</b> Chicken Salad Sandwich  NYS Green Peas Baby Carrots  17
	<b>Weekly Salad - Ham &amp; Assorted Vegetables</b>				
<b>Maple Experience</b> March 21-24 we are highlighting NYS maple syrup throughout the menu!	Bosco Cheese-Filled Breadsticks with Sauce <b>or</b> Turkey Sandwich Roasted Cauliflower Broccoli Florets 20	Chicken Patty on a Bun <b>or</b> Ham/Cheese Sandwich  Roasted Red Potatoes  Maple Glazed Carrots 21	Dutch Waffle <b>or</b> Cereal (assorted options) Sausage Links Potato Puffs Spinach Salad  NYS Maple Syrup 22	Cheese or Pepperoni Pizza <b>or</b> Hot Dog on a Bun Veggie Sticks w/ Ranch  Maple Dessert 23	<b>FREE FRIDAY</b> Grilled Cheese <b>or</b> Ham & Cheese Bagel Melt Tomato Soup/Crackers  Maple Baked Beans Carrots & Celery 24
	<b>Weekly Salad - Cobb w/ Chicken, Tomato, Mozzarella, Bacon, &amp; Hard Boiled Egg</b>				
Apples designate local NYS products 	Chicken Alfredo over Spaghetti w/ Bread <b>or</b> Ham Sandwich  <b>NYS Green Beans</b> Caesar Salad 27	Soft or Crunchy Tacos w/  NY Beef Taco Meat <b>or</b> Turkey Sandwich Corn, Brown Rice Seasoned Black Beans 28	<b>SUPER SUB</b> Italian or Shaved Turkey on Homemade Bread <b>or</b>  Yogurt, Cheese & Muffin  Vegetable Beef Soup Veggie Sticks 29	<b>Baseball Opening Day</b> Ballpark Frank <b>or</b> Pretzel w/ Cheese Sauce & Yogurt Baked Beans, Carrots <b>POPCORN</b> 30	<b>FREE FRIDAY</b> Cheese or Pepperoni Pizza <b>or</b> Ham, Egg & Cheese on a Bagel Caesar Salad 31
	<b>Weekly Salad -Chef Salad with Ham &amp; Assorted Vegetables</b>				