



March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>*= Made from scratch in our kitchen</p>	<p>1 Taco Salad* Seasoned Beef, Lettuce, Tomato, Cheese Baked Scoops Or Crispy Fish Nuggets Tartar Sauce, Dinner Roll Ash Wednesday</p>	<p>2 Chicken Parmesan With Pasta* Marinara Sauce Garlic Breadstick Garden Salad Fresh Fruit</p>	<p>3 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit</p>
<p>6 Cheeseburger on a Roll Baked French Fries Vegetable Cups with Hummus Fresh Fruit</p>	<p>7 Chicken Nuggets Baked French Fries Sautéed Spinach* Apple Cinnamon Muffin Fresh Fruit</p>	<p>8 French Toast Sticks Sausage Links Sweet Potato Puffs Fresh Fruit</p>	<p>9 Hot Dog on a Roll Baked French Fries Tossed Garden Salad Fresh Fruit</p>	<p>10 Mozzarella Sticks Marinara Sauce Dinner Roll Garden Salad Vegetable Cups with Hummus</p>
National School Breakfast Week! Breakfast Served 7:00am-7:30am				
<p>13 Cheesy Bosco Sticks with Marinara or Turkey Ciabatta Sandwich* Pizza Green Beans* Fresh Fruit</p>	<p>14 General Tao's Chicken Bowl* Steamed Brown Rice Steamed Broccoli Fresh Fruit</p>	<p>15 Chicken Tenders Creamy Mashed Potatoes Seasoned Corn Dinner Roll Vegetable Cups with Roasted Chick Peas</p>	<p>16 Philly Steak & Cheese Sandwich* Sautéed Onions & Peppers Fresh Fruit</p>	<p>17 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit</p> 
<p>20 No School Professional Development Day</p>	<p>21 Popcorn Chicken Bowl* Mashed Potatoes Seasoned Corn & Gravy Dinner Roll Fresh Fruit</p>	<p>22 French Bread Cheese or Pepperoni Pizza Tossed Salad Vegetable Cups with Hummus Fresh Fruit</p>	<p>23 Creamy Macaroni & Cheese* WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit</p>	<p>24 Chicken Tenders & Mozzarella Sticks Marinara Sauce Garden Salad Blueberry Muffin Fresh Fruit</p>
<p>27 Waffles with Warm Blueberry Sauce* Sausage Links Hash Brown Patty Fresh Fruit</p>	<p>28 Chicken Patty Sandwich Baked French Fries Broccoli Florets Fresh Fruit</p>	<p>29 Cheeseburger on a Roll Creamy Potato Salad Vegetable Cups with Hummus Fresh Fruit</p>	<p>30 Chicken Nuggets with Dipping Sauce Seasoned Corn Apple Cinnamon Muffin Fresh Fruit</p>	<p>31 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit</p>

**March 6th-9th
National School
Breakfast Week!**
*Start your day
right with
a healthy &
delicious
breakfast before
school in the
cafeteria!*

**Alternate Lunch
Daily**



Boar's Head

Boar's Head Deli Bar
Chicken Option
Pizza Option
Assorted Salads

**Lunch \$3.10
Breakfast \$1.60**
If your student
receives **FREE** or
REDUCED lunch,
breakfast is **FREE** or
REDUCED!
All meals include: Raw
Veggie Cups & Hummus
Fruit: Fresh &/or Canned in
Lite Syrup or Juice.
Milk: 1% White or
Chocolate Skim

Menu Subject to Change

ADD \$ TO A STUDENT'S ACCOUNT @ mypaymentsplus.com
CALL THE OFFICE TO GET STUDENT ID # OR CHECK PAYABLE TO EAST HADDAM CAFETERIA FUND*

Questions? Contact Liz Paternostro
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