

# March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		Taco Salad* 1 Seasoned Beef, Lettuce, Tomato, Cheese Baked Scoops Or Crispy Fish Nuggets Tartar Sauce, Dinner Roll <b>Ash Wednesday</b>	2 Chicken Parmesan With Pasta* Marinara Sauce Garlic Breadstick "Cat in the Hat Kabobs" <b>Dr. Seuss' Birthday!</b>	3 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit
6 Cheeseburger on a Roll Baked French Fries Vegetable Cups with Hummus Fresh Fruit	7 Chicken Nuggets Baked French Fries Sautéed Spinach* Apple Cinnamon Muffin Fresh Fruit	8 French Toast Sticks Sausage Links Sweet Potato Puffs Fresh Fruit	9 Hot Dog on a Roll Baked French Fries Tossed Garden Salad Fresh Fruit	10 Mozzarella Sticks Marinara Sauce Dinner Roll Garden Salad Fresh Fruit
<b>National School Breakfast Week! Breakfast Served 7:10-7:30am &amp; 8:10-8:45am</b>				
13 Cheesy Bosco Sticks with Marinara or Turkey Ciabatta Sandwich* Pizza Green Beans* Fresh Fruit	14 General Tao's Chicken Bowl* Steamed Brown Rice Steamed Broccoli Fresh Fruit	15 Chicken Drumstick Creamy Mashed Potatoes Seasoned Corn Dinner Roll Vegetable Cups with Hummus Fresh Fruit <b>Early Dismissal</b>	16 Philly Steak & Cheese Sandwich* Sautéed Onions & Peppers Vegetable Cups & Hummus Fresh Fruit <b>Early Dismissal</b>	17 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit <b>Early Dismissal</b>
20 <b>No School</b>  <b>Professional Development Day</b>	21 Popcorn Chicken Bowl* Mashed Potatoes Seasoned Corn & Gravy Dinner Roll Fresh Fruit	22 French Bread Cheese or Pepperoni Pizza Tossed Salad Vegetable Cups with Hummus Fresh Fruit	23 Creamy Macaroni & Cheese* WG Garlic Breadstick Vegetable Cups with Hummus Fresh Fruit	24 Chicken Tenders & Mozzarella Sticks Marinara Sauce Garden Salad Blueberry Muffin Fresh Fruit
27 Waffles with Warm Blueberry Sauce* Sausage Links Hash Brown Patty Fresh Fruit	28 Chicken Patty Sandwich Baked French Fries Broccoli Florets Fresh Fruit	29 Cheeseburger on a Roll Creamy Potato Salad Vegetable Cups with Hummus Fresh Fruit	30 Chicken Nuggets with Dipping Sauce Seasoned Corn Apple Cinnamon Muffin Fresh Fruit	31 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit  *= Made from scratch in our kitchen

**March 6<sup>th</sup>-9<sup>th</sup>  
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](http://mypaymentsplus.com)  
CALL THE OFFICE TO GET STUDENT ID # OR CHECK PAYABLE TO EAST HADDAM CAFETERIA FUND\***

Questions? Contact Liz Paternostro  
 Director of Food & Nutrition Services  
[Liz.paternostro@easthaddamschools.org](mailto:Liz.paternostro@easthaddamschools.org)