

March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Taco Salad* Seasoned Beef, Lettuce, Tomato, Cheese Baked Scoops Or Crispy Fish Sandwich Ash Wednesday	2 Chicken Parmesan With Pasta* Marinara Sauce Garlic Breadstick "Cat in the Hat Kabobs" Dr. Seuss' Birthday!	3 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit
6 Cheeseburger on a Roll Baked French Fries Vegetable Cups with Hummus 100% Frozen Fruit Cup	7 Chicken Tenders Baked French Fries Sautéed Spinach* Apple Cinnamon Muffin Fresh Fruit	8 Cheesy Quesadilla Salsa, Sour Cream Steamed Green Beans Fresh Fruit Lucky Tray Day	9 Cinnamon French Toast Sticks, Sausage Links Hash Brown Patty Applesauce Cup	10 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit
National School Breakfast Week! Breakfast Served 8:40am-8:55am				
13 Cheesy Bosco Stick Tomato Soup Pizza Green Beans* Fresh Fruit	14 French Toast Sticks Sausage Links Sweet Potato Puffs Vegetable Cups & Roasted Chick Peas* Fresh Fruit	15 Chicken Patty Sandwich Baked French Fries Steamed Broccoli 100% Frozen Fruit Cup Early Dismissal	16 Fun Shaped Chicken Nuggets Sweet & Sour Dipping Sauce Seasoned Corn Dinner Roll Vegetable Cups Early Dismissal	17 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit Early Dismissal
20 No School Professional Development Day	21 French Bread Cheese or Pepperoni Pizza Tossed Salad Vegetable Cups with Roasted Chick Peas* Fresh Fruit	22 Popcorn Chicken Baked Smiley Fries Seasoned Corn Apple Cinnamon Muffin Fresh Fruit	23 Creamy Macaroni & Cheese* WG Garlic Breadstick Vegetable Cups Fresh Fruit Lucky Tray Day	24 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit
27 Waffles with Warm Blueberry Sauce* Sausage Links Hash Brown Patty Fresh Fruit	28 Chicken & Gravy* over Mashed Potatoes Broccoli Florets Dinner Roll 100% Frozen Fruit Cup	29 Cheeseburger on a Roll Baked French Fries Vegetable Cups with Hummus Fresh Fruit	30 Chicken Tenders with Dipping Sauce Seasoned Corn Blueberry Muffin Fresh Fruit	31 Assorted Pizza* Tossed Salad Vegetable Cups with Hummus Fresh Fruit

*=Made from Scratch in our kitchen

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

Breakfast \$1.60
Lunch \$2.85
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

**Daily Alternate
Lunch**
-Yogurt/WG
Pretzel/String Cheese
-Deli Sandwich
-Sun Butter & Jelly
Sandwich
-Assorted Salads
All meals include the
following every day:
Fresh Fruit/Fruit Cup or
Fresh Vegetable Cup
With Hummus
Choice of Milk-1% or FF
Chocolate

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*