

**March is National Nutrition Month**  
**Celebrate with Nutritious School Meals**

**MARCH 2019**  
 Monkton Central School

Amy Tinker, Manager  
 Danielle Norris, Assistant

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**PRICES**  
 Breakfast - \$1.25  
 Paid Lunch Meal \$2.70  
 Reduced and Free Lunch - FREE  
 Milk w/o a meal - \$.65  
 Adult Breakfast \$2.50    Adult Lunch \$5.00

**Hamburger, Cheeseburger Or Veggie Burger** 1  
 Baked French Fries  
 Carrot and Celery Sticks  
 Ranch Dip  
 Fresh Fruit and Veggie Bar  
 Milk

**Cheese Quesadillas Or Chicken and Cheese Quesadillas** 4  
 Roasted Green Beans  
 Carrot Sticks \*\*\*\* Brown Rice  
 Salsa and Sour Cream  
 Fresh Fruit and Veggie Bar  
 Milk

**Hearty Beef Chili Bowl Or Veggie Chili** 5  
 With Cheddar Cheese  
 Cornbread  
 Carrot Salad with Craisins  
 Buttery Corn  
 Fresh Fruit and Veggie Bar  
 Milk

**PIZZA DAY** 6  
 Cheese, Pepperoni, or Veggie Pizza  
 Caesar Salad  
 Peas  
 Kale Chips  
 Fresh Fruit and Veggie Bar  
 Milk

**EARLY RELEASE DAY** 7  
 Ham and Cheese or Turkey and Cheese on WW Roll  
 Carrot, Celery & Pepper Sticks with Dip  
 Whole Grain Goldfish  
 Apple  
 Milk

**NO SCHOOL** 8  
 Parent Conferences

**Cheesy Breadsticks With Marinara Sauce** 11  
 Green Peas  
 Honey Carrot Coins  
 Fresh Fruit and Veggie Bar  
 Milk

**Chicken Tenders with Sweet and Sassy Dipping Sauce Or Crispy Tofu Tenders** 12  
 Roasted Parsnip Chips  
 Baked Beans  
 Blueberry Muffin  
 Fresh Fruit and Veggie Bar  
 Milk

**BREAKFAST FOR LUNCH** 13  
 Yogurt and Fruit Parfait  
 Homemade Granola  
 Waffle Sticks with Maple Syrup  
 Harvest Home Fries  
 Fresh Fruit and Veggie Bar  
 Milk

**Beef Stew with Potato and Carrot** 14  
 Whole Grain Buttery Biscuit  
 Corn  
 Garlicky Spinach and Swiss Chard  
 Fresh Fruit and Veggie Bar  
 Pumpkin "Pi"  
 Milk

**Baked Potato** 15  
 Cheddar Cheese Sauce  
 Diced Ham  
 Green Beans  
 Butternut Cranberry Bread  
 Fresh Fruit and Veggie Bar  
 Milk

**Grilled Cheese** 18  
 Tomato Soup  
 Cucumbers and Carrot Slices  
 Graham Crackers  
 Fresh Fruit and Veggie Bar  
 Milk

**Teriyaki Meatballs** 19  
 Brown Rice  
 Eggroll  
 Stir Fried Carrots & Green Beans  
 Fresh Fruit and Veggie Bar  
 Milk

**PIZZA DAY** 20  
 Cheese, Pepperoni, Veggie or Hawaiian (ham & pineapple)  
 Spinach Salad  
 Fresh Fruit and Veggie Bar  
 Milk

**Pasta Carbonara** 21  
 (Ham and Peas in a cream Sauce with Rotini)  
 Steamed Broccoli  
 Fresh Fruit and Veggie Bar  
 Milk

**Turkey Bacon Cheddar or Roasted Veggie Wrap on WW Tortilla** 22  
 Asian Coleslaw  
 Carrot Coins with Ranch Dip  
 Pretzels  
 Fresh Fruit and Veggie Bar  
 Milk

**Ravioli with Marinara Sauce** 25  
 Tender Asparagus  
 Peas  
 Garlic Knot  
 Fresh Fruit and Veggie Bar  
 Milk

**Nachos with Mexican Chicken** 26  
 Cheese Sauce  
 Rice  
 Corn  
 Salsa and Sour Cream  
 Fresh Fruit and Veggie Bar  
 Milk

**Shepherd's Pie With Mashed Potatoes** 27  
 Steamed Broccoli  
 Whole Grain Biscuit  
 Fresh Fruit and Veggie Bar  
 Milk

**General Tso's Chicken** 28  
 Brown Rice  
 Stir Fried Peppers, Carrots and Green Beans  
 Fresh Fruit and Veggie Bar  
 Milk

**NO SCHOOL** 29  
 Professional Development

**Alternative Meal**  
*A daily alternative to the main entrée*  
 M, W, F – Bagel and Cream Cheese w/ 4 oz. Yogurt  
 T, Th – Turkey and Cheese Sandwich

This institution is an equal opportunity employer