

March is National Nutrition Month
Celebrate with Nutritious School Meals

MARCH 2019
 Ferrisburgh Central School

Sarah Anderson, Manager
 Lorrie Blais, Assistant

Monday

Tuesday

Wednesday

Thursday

Friday

**THIS INSTITUTION IS AN
 EQUAL OPPORTUNITY**

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

Cheese Quesadillas 4
 Or
Chicken and Cheese Quesadillas
 Sauteed Green Beans
 Carrot Sticks **** Brown Rice
 Salsa and Sour Cream
 Fruit Selection
 Milk

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

PIZZA DAY 6
 Cheese, Pepperoni, or
 Veggie Pizza
 Kale Caesar Salad
 Peas
 Fruit Selection
 Milk

EARLY RELEASE DAY 7
 Whole Grain Soft Pretzel
 Red Pepper Hummus
 Cheese Stick
 Carrot, Celery & Pepper Sticks with Dip
 Whole Grain Goldfish
 Apple
 Milk

NO SCHOOL 8
 Parent Conferences

Cheesy Breadsticks 11
With Marinara Sauce
 Green Peas
 Honey Carrot Coins
 Fruit Selection
 Milk

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

BREAKFAST FOR LUNCH 13
 Yogurt and Fruit Parfait
 Homemade Granola
 Waffle Sticks with Maple Syrup
 Ham and Sweet Potato Hash
 Fruit Selection
 Milk

Beef Stew 14
with Potato, Peas and Carrot
 Whole Grain Buttery Biscuit
 Corn
 Garlicky Spinach and Swiss Chard
 Fruit Selection
 Pumpkin "Pi"
 Milk

Baked Potato 15
 Cheddar Cheese Sauce
 And Bacon
 Garbanzo Bean Salad
 Roasted Broccoli and Cauliflower
 Butternut Cranberry Bread
 Fruit Selection
 Milk

Grilled Cheese 18
 Tomato Soup
 Cucumbers and Carrot Slices
 Barley and Rice
 Fruit Selection
 Milk

Teriyaki Meatballs 19
 Brown Rice
 Egg Roll
 Stir Fried Veggies
 Fruit Selection
 Milk

PIZZA DAY 20
 Cheese, Pepperoni, or
 Veggie Pizza
 Spinach Salad
 Roasted Garlic Mushrooms
 Fruit Selection
 Milk

Pasta Carbonara 21
 (Ham and Peas in a cream
 Sauce with Rotini)
 Steamed Broccoli
 Fruit Selection
 Milk

Turkey Bacon Cheddar 22
Or Veggie Wrap
On WW Tortilla
 Asian Coleslaw
 Carrot with Ranch Dip
 Pretzels
 Fruit Selection
 Milk

Ravioli with Marinara Sauce 25
 Tender Asparagus
 Peas
 Garlic Knot
 Fruit Selection
 Milk

Nachos with 26
Mexican Chicken
 Cheese Sauce
 Rice
 Corn
 Salsa and Sour Cream
 Fruit Selection
 Milk

Shepherd's Pie 27
With Mashed Potatoes
 Steamed Broccoli
 Whole Grain Biscuit
 Fruit Selection
 Milk

General Tso's Chicken 28
 Brown Rice
 Stir Fried Peppers, Carrots
 and Green Beans
 Fruit Selection
 Milk

NO SCHOOL 29
 Professional Development

Alternative Meal

A daily alternative to the main entrée
 Bagel & Cream Cheese with 4 oz. Yogurt

PRICES

Breakfast - \$1.85
 Paid Lunch Meal \$2.85
 Reduced and Free Lunch - FREE
 Milk w/o a meal - \$.65
 Adult Breakfast \$2.50 Adult Lunch \$5.00

