

MEALS ARE FREE FOR ALL STUDENTS

Monkton Central School

Monday

 Cheese Ravioli **3**
 With Marinara Sauce
 Steamed Broccoli
 Fruit
 milk

 Cabot Macaroni and Cheese **10**
 Roasted Carrots
 Dinner Roll
 Fruit
 Milk

 Rotini with Meat Sauce **17**
 Or Marinara Sauce
 Parmesan Cheese
 Garlic Bread
 Buttery Peas
 Fruit
 Milk

 General Tso's **24**
 Chicken Or Tofu
 Brown Rice
 Broccoli
 Fortune Cookie
 Fruit
 Milk

MEMORIAL DAY **31**
 NO SCHOOL

Tuesday

 Shepherd's Pie **4**
 With Mashed Potato & Corn
 WG Dinner Roll
 Green Beans
 Fruit
 Milk

 Mexican Beef or Bean **11**
 Burrito
 Brown Rice
 Corn
 Fruit
 Milk

 Cheese Quesadilla **18**
 Rice
 Mexican Corn and Black Beans
 Salsa
 Fruit
 Milk

 Cheesy Lasagna Roll Ups **25**
 With Marinara Sauce
 WG Garlic Knot
 Peas
 Fruit
 Milk

Wednesday

 Early Release Day **5**
 Turkey & Cheese Sandwich
 Or Hummus and Veggie Wrap
 Carrot Sticks
 Sunchips
 Fruit
 Milk

 PIZZA DAY **12**
 Cheese, Pepperoni or
 Chef Special Pizza
 Sweet Potato Wedges
 Fruit
 Milk

 Crispy Chicken Tenders **19**
 With BBQ Sauce
 Cornbread
 Broccoli
 Fruit
 Milk

 PIZZA DAY **26**
 Cheese, Pepperoni or
 Chef Special Pizza
 Sweet Potato Wedges
 Fruit
 Milk

Thursday

 Crispy Chicken Filet **6**
 With WG Waffles
 Maple Syrup
 Corn
 Fruit
 Milk

 Misty Knoll **13**
 Chicken Drumsticks
 WG Biscuit
 Green Beans
 Fruit
 Milk

 Breakfast For Lunch **20**
 Cinnamon French Toast Sticks
 Sausage Pattys
 Or Boiled Egg(veg)
 Roasted Sweet Potato Waffle Fries
 Fruit
 Milk

 Hearty Homemade **27**
 Chicken & Biscuit
 with Veggies
 Green Beans
 Fruit
 Milk

Friday

 Fish and Chips **7**
 Crispy Fish Sticks
 w/ Tartar Sauce
 Baked Potato Wedges
 Peas and Carrots
 Fruit
 Milk

 Grilled Cheese Sandwich **14**
 On WG Bread
 Tomato Tortellini Soup
 Fruit
 Milk

 Meatball with Tomato Sauce **21**
 Or
 Roasted Peppers & Onion
 Sub Sandwich on WG Roll
 With Mozzarella Cheese
 Green Beans
 Fruit
 Milk

 Burger DAY **28**
 Hamburger, Cheeseburger
 Or Veggie Burger
 Baked French Fries
 Pickles
 Fruit
 Milk

Alternative Meal (Vegetarian):

Offered daily in addition to the main entrée.

WG Bagel with Cream Cheese, 4 oz. Yogurt and 1 oz. Cheese Square, Veggie Sticks and Dip, Fruit, Milk