

Menands School Lunch Menu - March 2018

Monday	Tuesday	Wednesday	Thursday	Friday
				
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			Turkey&Gravy <u>OR</u> Oven Roasted Chicken WW Roll/Broccoli Mashed Potatoes Mandarin Oranges	Personal Pan Pizza <u>OR</u> Curry Chicken Salad Wrap Carrots & Celery Sticks Pears
5	6	7	8	9
Chicken Fajita <u>OR</u> Beef & Bean Burrito Brown Rice / Corn Black Beans Peaches	Mac & Cheese <u>OR</u> Fish Sticks Broccoli Roasted Chickpeas Cinnamon Applesauce	Popcorn Chicken <u>OR</u> Twin Cheeseburgers Oven Fries Carrots Pineapple	Cheese Ravioli <u>OR</u> Jerk Chicken Wrap Braised Kale Sweet Potatoes Pears	Sheet Pizza <u>OR</u> Egg Salad on WW Tossed Salad Green Beans Mandarin Oranges
12	13	14	15	16
Teriyaki Chicken <u>OR</u> Turkey&Bacon Wrap Brown Rice/Carrots Stir Fry Veggies Peaches	Pulled Pork Sandy <u>OR</u> Tky Sausage Egg & Cheese Sweet Potato Fries Roasted Cauliflower Raisins	Chicken Tenders <u>OR</u> Meatloaf Sandwich Green Beans Cuke Tomato Salad Grape Juice	Turkey Hot Dog <u>OR</u> Hot Ham&Cheese Bagel Curly Fries BBQ Black Beans Cinnamon Applesauce	French Bread Pizza <u>OR</u> Fish Sandwich Carrots & Celery Sticks Pineapple
19	20	21	22	23
Chicken <u>OR</u> Veggie Quesadilla Brown Rice / Corn Black Beans Mandarin Oranges	Lasagna Rollup <u>OR</u> Chicken Salad Wrap Braised Kale Carrots Peaches	Chicken Patty <u>OR</u> Tuna Salad on WW Tater Tots Green Beans Raisins	Early Release 11:20 AM Parent-Teacher Conferences	Parents Welcome Stuffed Crust Pizza <u>OR</u> Curry Chicken Salad Wrap Tossed Salad Broccoli w Ranch Cinnamon Applesauce
26	27	28	29	30
Oven Roasted Chicken <u>OR</u> Fish Sticks Roasted Potatoes WG Biscuit/Broccoli Pineapple	Turkey Tacos <u>OR</u> Pulled Pork Tacos Roasted Chickpeas Corn Orange Juice	Rotini & Meatballs <u>OR</u> Hummus Wrap Roasted Squash Carrots Raisins	NO SCHOOL SUPERINTENDENT'S CONFERENCE DAY	NO SCHOOL GOOD FRIDAY

Student Lunch
\$2.25
Adult Lunch
\$3.50 + tax
Milk \$.60
Menu subject
to change

Available Daily:
Veggie Burger

Chef Salad

PBJ or
Cheese Sandwich

Fresh Fruit or
100% Fruit Juice

Fat-free Chocolate
or Strawberry,
Skim, or 1% Milk

Don't forget to sign up for Myschoolbucks.com -
Online credit/debit payments, monitor account balance,
and email low-balance notifications.

Please contact Michael Tehan (Head Cook) with any
questions or concerns - 465-4561 ext. 110
or mtehan@menands.org