

# Elementary Lunch Menu March 2019

Monday	Tuesday	Wednesday	Thursday	Friday		
					<p><b>1</b> <u>Choice of One</u> <b>D</b></p> <p>Mozzarella Sticks w/ dipping sauce Pulled Pork on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u></p> <p>ColeSlaw Brown Rice Chilled Assorted Fruit</p>	<p><b>PARENTS:</b> Your child(ren) may qualify for free or reduce meals. Complete a meal application and turn it in to any cashier.</p>
<p><b>4</b> <u>Choice of One</u> <b>E</b></p> <p>Pasta w/ Meatballs Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u></p> <p>Caesar Salad Steamed Mixed Vegetables Chilled Peaches</p>	<p><b>5</b> <u>Choice of One</u> <b>A</b></p> <p>Chicken Patty w/ WG roll Julienne Salad w/ WG roll Fruit, Yogurt &amp; Cheese Plate w/ WG roll Grilled Chicken with Leaf Lettuce on a bun</p> <p><u>Choice of Two</u></p> <p>Spinach Salad/Dressing Tater Tots Chilled Pears</p>	<p><b>6</b> <u>Choice of One</u> <b>B</b></p> <p>Pillsbury Mini Waffles w/ breakfast sausage Ham and Cheese on a WG bun Yogurt parfait w/ soft pretzel Fish Sandwich on WG Bun</p> <p><u>Choice of Two</u></p> <p>Garden Salad w/ chick peas Hash browns Strawberry cup</p>	<p><b>7</b> <u>Choice of One</u> <b>C</b></p> <p>Classic Pizza Ranger burger on WG Bun Fruit, Yogurt &amp; Cheese Plate w/ WW Bread Stick Grilled Chicken w/ Leaf Lettuce on a bun</p> <p><u>Choice of Two</u></p> <p>Tossed Salad w/ chick peas Steamed Broccoli Chilled Apple Sauce</p>	<p><b>8</b> <u>Choice of One</u> <b>D</b></p> <p>Shrimp Poppers w/ WG roll Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u></p> <p>Brown Rice Onion Rings Chilled Assorted Fruit</p>	<p>Pay for meals on-line <a href="http://mySchoolBucks.com">mySchoolBucks.com</a> <b>OR</b></p> <p>Checks may be made payable to Spencerport School Lunch Fund and handed in at the register to be put in a student's Nutrikids Meal Account.</p>	
<p><b>11</b> <u>Choice of One</u> <b>E</b></p> <p>Macaroni and Cheese Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u></p> <p>Tossed Salad w/ chick peas Steamed Broccoli Chilled Mixed Fruit</p>	<p><b>12</b> <u>Choice of One</u> <b>A</b></p> <p>Chicken Tenders w/ WG roll Julienne Salad w/ WG roll Fruit, Yogurt &amp; Cheese Plate w/ WG roll Grilled Chicken with Leaf Lettuce on a bun</p> <p><u>Choice of Two</u></p> <p>Spinach Salad/Dressing Mixed Vegetables Chilled Pears</p>	<p><b>13</b> <u>Choice of One</u> <b>B</b></p> <p>Philly Steak Sandwich on WG hoagie roll Ham and Cheese on a WG bun Yogurt parfait w/ soft pretzel Veggie Burger on WW Bun</p> <p><u>Choice of Two</u></p> <p>Tossed Salad w/ chick peas Carrot Nibblers w/ dip Strawberry cup</p>	<p><b>14</b> <u>Choice of One</u> <b>C</b></p> <p>Stuffed Crust Pizza Ranger burger on WG Bun Fruit, Yogurt &amp; Cheese Plate w/ WW Bread Stick Grilled Chicken w/ Leaf Lettuce on a bun</p> <p><u>Choice of Two</u></p> <p>Caesar Salad Steamed Broccoli Chilled Peaches</p>	<p><b>15</b> <u>Choice of One</u> <b>D</b></p> <p><b>Shamrock Shaped Chicken Nuggets</b> Tuna on WG roll Veggie Burger on WG Bun</p> <p><u>Choice of Two</u></p> <p>Baked Beans French Fries Chilled Assorted Fruit</p>		
<p><b>18</b> <u>Choice of One</u> <b>E</b></p> <p>Taco Salad w/ lettuce, cheese and salsa Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u></p> <p>Brown Rice Corn Chilled Peaches</p>	<p><b>19</b> <u>Choice of One</u> <b>A</b></p> <p>Popcorn Chicken w/ WG roll Chicken Caesar Salad w/ WG roll Fruit, Yogurt &amp; Cheese Plate w/ WG roll Grilled Chicken with Leaf Lettuce on a bun</p> <p><u>Choice of Two</u></p> <p>Spinach Salad Steamed Green Beans Strawberry cup</p>	<p><b>20</b> <u>Choice of One</u> <b>B</b></p> <p>Pillsbury Mini Pancakes w/ breakfast sausage Turkey BLT on WW Bun Yogurt parfait w/ soft pretzel Veggie Burger on WW Bun</p> <p><u>Choice of Two</u></p> <p>Tossed Salad w/ chick peas Hash browns Chilled Apple Sauce</p>	<p><b>21</b> <u>Choice of One</u> <b>C</b></p> <p>Fiestada Pizza Ranger burger on WG Bun Fruit, Yogurt &amp; Cheese Plate w/ WW Bread Stick Grilled Chicken with Leaf Lettuce on a bun</p> <p><u>Choice of Two</u></p> <p>Garden Salad w/ chick peas Fresh Baby Carrots Mandarin Oranges</p>	<p><b>22</b> <u>Choice of One</u> <b>D</b></p>	<p><b>Available Daily</b></p> <p>Daily: PBJ on WW Tues &amp; Thurs: Juice</p> <p>Milk- 1%, Skim &amp; FF Chocolate</p>	
<p><b>25</b> <u>Choice of One</u> <b>E</b></p> <p>Chicken &amp; Cheese Quesadilla Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u></p> <p>Stemmed Corn Brown Rice Chilled Mandarin Oranges</p>	<p><b>26</b> <u>Choice of One</u> <b>A</b></p> <p>Chicken Smacker w/ WG roll Chicken Caesar Salad w/ WG roll Fruit, Yogurt &amp; Cheese Plate w/ WG roll Grilled Chicken with Leaf Lettuce on a bun</p> <p><u>Choice of Two</u></p> <p>Oven Baked French Fries Fresh Baby Carrots Chilled Apple Sauce</p>	<p><b>27</b> <u>Choice of One</u> <b>B</b></p> <p>Mozzarella sticks w/ sauce Ham &amp; Cheese on WW Bun Yogurt parfait w/ soft pre Veggie Burger on WG Bun</p> <p><u>Choice of Two</u></p> <p>Oven Baked Tater Tots Caesar Salad Chilled Pears</p>	<p><b>28</b> <u>Choice of One</u> <b>C</b></p> <p>Pizza Crunchers Ranger burger on WG Bun Fruit, Yogurt &amp; Cheese Plate w/ WW Bread Stick Grilled Chicken with Leaf Lettuce on a bun</p> <p><u>Choice of Two</u></p> <p>Tossed Salad w/ chick peas Steamed Broccoli Chilled Peaches</p>	<p><b>29</b> <u>Choice of One</u> <b>D</b></p> <p>Grilled Cheese Zwiegle Hot Dog on WG Bun Veggie Burger on WG Bun</p> <p><u>Choice of Two</u></p> <p>Tomato Soup Onion Rings Chilled Assorted Fruit</p>	<p><b>Breakfast</b> Daily~\$1.75 Weekly~\$8.75</p> <p><b>Lunch</b> Daily~ \$2.90 Weekly~\$14.50</p>	

## Spencerport Breakfast Menu – March 2019

### Assorted Milk Available (May choose one)

Cost - \$1.75

Skim, 1%, and No Fat Chocolate

Free and Reduced meals available to those students that qualify.

### May choose one of the following

Juice, Fresh Fruit, or Dished fruit

Must choose One or Two items from this category unless it is Hot Breakfast day and you choose the Hot

### Breakfast item

Assorted Cereal

Assorted Pastries

2 oz. Muffin

Yogurt (4 oz.)

Cheese Stick



OR

One item from this category unless it is Hot Breakfast day and you choose the Hot Breakfast item

Bagel (Assorted with plain white bagels)

Assorted Pastries

Breakfast breaks (This is a complete meal but allowed to take one more juice or fruit and a milk)



### *Requirements for the School Breakfast Program:*

- All grains must be whole-grain rich (must contain at least 50% whole grain)
- At least 1 full cup of fruit must be offered daily, and students are required to take at least a half cup (so students must take either a fruit or a juice, which may be either fresh or canned, in addition to the main entrée and the milk

**Every Monday** - Hot Apple Frudel Wrap served

**Every Wednesday** - Hot Mini Cini Wrap served

**Every Friday** - Hot Cherry Frudel Wrap served

Tuesday, March 5<sup>th</sup> – Pancake on a stick

Thursday, March 7<sup>th</sup> – Breakfast Pizza

Tuesday, March 12<sup>th</sup> – Breakfast Sandwich

Thursday, March 14<sup>th</sup> – Breakfast Boat – egg, cheese, diced potato and bacon

Tuesday, March 19<sup>th</sup> - French Toast Sticks w/ Sausage

Thursday March 21<sup>st</sup> -Breakfast Sandwich on a biscuit

Tuesday, March 26<sup>th</sup> – Pancakes w/ sausage

Thursday, March 28<sup>th</sup> – Breakfast Pizza