



# LUNCH

PRICE: \$2.75

# MARCH 2019

CHAPIN ST., EAST ST. & VETERAN'S PARK SCHOOLS

### ALTERNATE LUNCHES

Week 1: Grilled Chicken on a WW Bun  
 Week 2: Grilled Cheese  
 Week 3: Ham & Cheese Wrap  
 Week 4: Teriyaki Chicken Wrap  
 Week 5: Grilled Cheese

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**4**  
 Chicken Rice Soup  
 Teriyaki Chicken over Seasoned Rice, WW Dinner Roll, Seasoned Carrots  
 Fresh Fruit

**5**  
 Chicken & Cheese Quesadillas w/Salsa & Sour Cream, Seasoned Rice Peppers & Onions  
 Cup of Fruit

**6**  
 Fish Sticks w/Tartar Sauce  
 Oven Baked Fries  
 WW Dinner Roll  
 Spinach Salad w/Dressing  
 Fresh Fruit

**7**  
 Roast Turkey & Gravy  
 Mashed Potatoes  
 Sweet Corn  
 WW Dinner Roll  
 Chilled Peaches

**1**  
 Parent-Teacher Conferences  
 No Lunches Served

**8**  
 Cheese or Pepperoni Pizza  
 Three Bean Salad  
 Fresh Fruit

**11**  
 Turkey & Cheese Wrap  
 Seasoned Noodles  
 Mixed Veggies  
 Chilled Peaches

**12**  
 Shepherd's Pie w/Hamburg, Potatoes, Corn & Gravy, Seasoned Mushrooms, WW Dinner Roll  
 Fresh Fruit

**13**  
 Baked Macaroni & Cheese  
 WW Dinner Roll  
 Spinach Salad w/Dressing  
 Fresh Fruit

**14**  
 Roast Pork Dinner w/Gravy, Mashed Potatoes  
 Butternut Squash  
 WW Dinner Roll  
 Chilled Pears

**15**  
 French Bread Pizza  
 Three Bean Salad  
 Fresh Fruit

**18**  
 Hamburger on a WW Roll  
 Oven Baked Fries  
 Sweet Peas  
 Applesauce Cup

**19**  
 Tomato Noodle Soup  
 Ham & Cheese Melt  
 Potato Chips  
 Spinach Salad w/Dressing  
 Chilled Peaches

**20**  
 Rotini w/Meat Sauce  
 Garlic Bread  
 Seasoned Green Beans  
 Fresh Fruit

**21**  
 Oven Baked Chicken  
 Oven Roasted Potatoes  
 WW Dinner Roll  
 Seasoned Carrots  
 Cup of Fruit

**22**  
 Mozzarella Sticks w/Dip  
 Three Bean Salad  
 Fresh Fruit

**25**  
 Professional Development  
 No School

**26**  
 Chicken Noodle Soup  
 Hot Dog on a WW Bun  
 Oven Baked French Fries  
 Seasoned Mushrooms  
 Blueberries in a Cloud

**27**  
 Chicken Scampi w/Spaghetti  
 Garlic Bread  
 Green Beans  
 Fresh Fruit

**28**  
 Breakfast for Lunch  
 French Toast Sticks w/Syrup,  
 Egg Patty, Ham  
 Sweet Potatoes  
 Chilled Peaches

**29**  
 Stuffed Crust Pizza  
 Spinach Salad w/Dressing  
 Apple Crisp w/Topping

Menu Subject to Change  
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