



MARCH 2020

Price w/milk included: \$2.75
A La Carte Milk: \$0.50

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

Alternates:

- Week 1: Ham & Cheese Sandwich
- Week 2: Grilled Chicken on a Bun
- Week 3: Grilled Cheese
- Week 4: Buffalo Chicken Wrap
- Week 5: Turkey & Cheese Grinder

Monday

Tacos on a Hard or Soft Shell w/Lettuce, Tomato, Salsa & Sour Cream
Seasoned Rice, Corn
Assorted Fruit **2**

Chicken Rice Soup
Teriyaki Chicken over Seasoned Rice, WW Dinner Roll, Seasoned Carrots
Fresh Fruit **9**

Turkey & Cheese Wrap
Seasoned Noodles
Mixed Veggies
Chilled Peaches **16**

Professional Development Day
No School **23**

Chicken Noodle Soup
Hot Dog on a WW Bun
Oven Baked French Fries
Seasoned Mushrooms
Blueberries in a Cloud **30**

Tuesday

Hamburger on a WW Roll
Oven Baked Fries
Seasoned Carrots
Strawberry Cup **3**

Breakfast for Lunch
Orange Juice
Pancakes w/Syrup
Sausage Patties
Home Fries
Cup of Fruit **10**

Happy St. Patrick's Day
Shepherd's Pie w/Hamburg, Potatoes, Corn & Gravy
Sweet Peas, WW Dinner Roll
Fresh Fruit **17**

Chicken Rice Soup
Ham & Cheese Melt
Cape Cod Chips
Spinach Salad w/Dressing
Chilled Peaches **24**

Chicken Nuggets w/Dip
Seasoned Noodles
Three Bean Salad
Mixed Fruit Cup **31**

Wednesday

Chicken & Gravy
Mashed Potatoes
Steamed Broccoli
WW Dinner Roll
Chilled Peaches **4**

Meatball Grinder w/Marinara Sauce & Cheese
Oven Baked Fries
Peppers & Onions
Fresh Fruit **11**

Baked Mac & Cheese
WW Dinner Roll
Spinach Salad w/Dressing
Fresh Fruit **18**

Rotini w/Meat Sauce
Garlic Bread
Seasoned Green Beans
Fresh Fruit **25**

Thursday

Tomato Noodle Soup
Grilled Cheese Sandwich
Cape Cod Chips
Seasoned Green Beans
Fresh Fruit **5**

Parent – Teacher Conferences
No Lunches Served **12**

Fish Sticks w/Tartar Sauce
Sweet Potato Fries
Green Beans
Cup of Fruit **19**

Grilled Chicken on a WW Bun
Oven Roasted Potatoes
Seasoned Carrots
Cup of Fruit **26**

Friday

Cheese Pizza
Three Bean Salad
Fresh Fruit **6**

Parent – Teacher Conferences
No Lunches Served **13**

French Bread Pizza
Three Bean Salad
Fresh Fruit **20**

Mozzarella Sticks w/Dip
Three Bean Salad
Fresh Fruit **27**

*Includes one entrée selection, grains or grains bread, vegetables, and fresh fruit.
*Milk Options: 1% White, Fat Free Chocolate, 1% Lactose Free



Menu Subject to Change
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