

MARCH 2024 SMSD M.S- H.S





Monday



Tuesday



Wednesday



Thursday



Friday

Dr. Suess Dav Green Eggs and Har on a Bagel Truffula Trees-Broccoli

1/2C Fox in sox-Peas 1/2C One Fish Two Fish Graham Cracker Fish Milk-8oz

Chicken Nuggets w/ FF Ranch **Dinner Roll**

Baked Beans 1/2C Green Beans 1/2C Fresh Fruit -1 piece Milk-8oz

Taco Tuesday **Seasoned Meat & Cheese** Salsa-Sour Cream WG Rice

Corn 1/2C Sliced Carrots 3/4C Fruit 1/2c Milk -8oz

Open Face Turkey Sandwich & Gravv

Steamed Broccoli 1/2C Mashed Potatoes 1/2C **NYS Apple-1Piece** Milk-8oz

BBQ Chicken Patty on a WG Bun **Pretzels**

NYS Cole Slaw 1/2C 1C Romaine Salad= 1/2C Fruit 1/2c Milk-8oz

Spaghetti & Meatballs Garlic Sticks

Baby Carrots 1/2C Celery sticks 1/2C Fresh Fruit 1 piece Milk-8oz

Chicken Tenders & French Fries **Maple Glazed Carrots**

Broccoli 1/2C Fruit 1/2C Milk-8oz

Seasoned Beef & Cheese Burritos - Salsa WG Rice

Black Bean Salad 1/2 C Corn 1/2C NYS Apple -1 Piece Milk-8oz

Hot Dog on a WG Bun

Peas 1/2C Tator Tots 1/2C Fruit 1/2C Milk-8oz

Turkey & Cheese Subs Lettuce-Cheese **Baked Chips**

Green Beans 1/2C Sliced Cucumbers 1/2C Fresh Fruit -1 Piece Milk -8oz

Pepperoni & Cheese OR Plain Cheese Pizza Slices

Baby Carrots 1/2C Mixed vegetables 1/2C Fruit 1/2c Milk-8oz

National Sloppy Joe Day

Seasoned Meat w/NYS Peppers & Onions on a WG Bun

Green Beans 1/2C Baked Beans 1/2C Fresh Fruit -1 Piece Milk -8oz

Baked Macaroni & Cheese Warm Dinner Roll

Corn 1/2C Sliced Peppers 1/2C Fruit 1/2C Milk-8oz

Cheeseburgers on WC B. WG Buns **Buttered** pasta

Maple Glazed Carrots 3/4C Cauliflower 1/2C Fruit 1/2C Milk-8oz

Grilled Cheese Tomato Soup WG Crackers

Steamed Broccoli 1/2C Peas 1/2C **NYS Apple -1Piece** Milk-8oz

Buffalo Chicken **OR Plain Cheese** Pizza Slices

Sweet Potatoes 1/2C 1C Romaine Salad= 1/2C Fresh Fruit 1 piece Milk-8oz

Hot Dog on a WG Bun

French Fries 1/2C Carrots 3/4C Fruit 1/2C Milk-8oz

Meat & Cheese Enchiladas Sour Cream- Salsa

Corn 1/2C Black Bean Salad 1/2C Fresh Fruit- 1 Piece Milk-8oz

Breakfast For Lunch

Egg patty-Sausage-Hash Brown Patty WG English Muffin **Baby Carrots 1/2C** Green beans 1/2C Fruit 1/2C Milk-8oz

Chicken Nuggets
Garlic Stick
Regarded F **Roasted Potatoes**

NYS Cole Slaw 1/2C Broccoli 1/2C NYS Apple-1Piece Milk-8oz

Start of Spring Break



NYS LOCAL FOODS

*Upstate Farms Dairy -milk, yogurt, sour cream *Lyn-Oaken Farms Apples *Local Farm Vegetables and Fruit Used in Meal Program Highlighted in Green

In Addition to the Entrée of the Day, we also serve the following Items Daily:

6" Subs and Wraps Made to Order (2M2G)

> Salads Made to Order (Includes Flatbread) 2M2G

Peanut Butter & Jelly Sandwich (2M2G) Fruit & Yogurt Parfait w/Flatbread(2M2G)

Offered daily with all School Lunches: Fresh or Prepared Fruit (Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)

NY State Non or Low- Fat White Non Fat Chocolate Milk 8oz

If your Son or Daughter has a particular Food Allergy, please contact the food service office @ (716)834-7200 EX 219