





March 2023 Breakfast

		Pop Tart & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 1	Cereal & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 2	4 oz. Blueberry Muffin 4 oz. Juice/Fresh Fruit Chilled Milk Half Day 3
Cereal Bar & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk	Oatmeal Bar & Crackers 4 oz. Juice/ Fresh Fruit Chilled Milk 7	Pop Tart & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 8	Cereal & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 9	4 oz. Blueberry Muffin 4 oz. Juice/Fresh Fruit Chilled Milk Half Day 10
Bagel with Cream Cheese 4 oz. Juice/Fresh Fruit Chilled Milk 13	Oatmeal Bar & Crackers 4 oz. Juice/ Fresh Fruit Chilled Milk 14	Pop Tart & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 15	Cereal Bar & Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 16	4 oz. Blueberry Muffin 4 oz. Juice/Fresh Fruit Chilled Milk 17
Strawberry Bagel Bites 4 oz. Juice/Fresh Fruit Chilled Milk 20	Oatmeal Bar & Crackers 4 oz. Juice/ Fresh Fruit Chilled Milk 21	Pop Tart & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 22	Cereal Bar & Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 23	4 oz. Blueberry Muffin 4 oz. Juice/Fresh Fruit Chilled Milk 24
Bagel with Butter & Jelly 4 oz. Juice/Fresh Fruit Chilled Milk 27	Oatmeal Bar & Crackers 4 oz. Juice/ Fresh Fruit Chilled Milk 28	Pop Tart & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 29	Cereal & Graham Crackers 4 oz. Juice/Fresh Fruit Chilled Milk 30	4 oz. Blueberry Muffin 4 oz. Juice/Fresh Fruit Chilled Milk 31

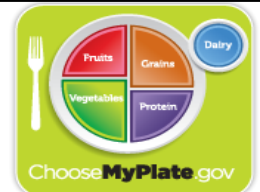
If your child has an allergy please notify the school nurse. Lactose allergies must be documented by a health care professional.
If you have any questions or concerns please contact Cindy Yonkers, Food Service Director at 518-360-6152.

***PLEASE NOTE* Items with a * contain PORK**

Menu subject to change without notice An 8oz milk is offered with each meal.

Fat free white, 1% white and fat free chocolate milk offered at lunch. Fresh Fruit offered daily.

USDA is an equal opportunity provider, employer and lender.





		<p>Oven Roasted Chicken Cheesy Potatoes Applesauce Cup Chilled Milk 1</p>	<p>Beef Chili & Cornbread Green Beans Diced Pears Chilled Milk 2</p>	<p>French Bread Pizza Carrotinis Fresh Apple Chilled Milk 1/2 Day 3</p>
<p>Walking Chicken Taco Chili Black Beans Fresh Apple Chilled Milk</p>	<p>Pasta & Meat Sauce Italian Greens Mixed Fruit Chilled Milk</p>	<p>BBQ Chicken on a Bun Potato Smiles Banana Chilled Milk 8</p>	<p>Grilled Cheese Sandwich Crunchy Cucumber Sticks Diced Peaches Chilled Milk</p>	<p>Chicken Nuggets Carrotinis Fresh Orange Chilled Milk 1/2 Day</p>
<p>Chicken & Mashed Potato Bowl Yummy Corn Applesauce Cup Chilled Milk 13</p>	<p>Crunchy Turkey Tacos Lettuce and Salsa Diced Peaches Chilled Milk 14</p>	<p>Egg & Cheese Sandwich Veggie Baked Beans Banana Chilled Milk 15</p>	<p>Crispy Chicken Sandwich Broccoli Dunkers Diced Pears Chilled Milk 16</p>	<p>French Bread Pizza Carrotinis Fresh Apple Chilled Milk 1/2 Day 17</p>
<p>Bean and Cheese Burrito Lemony Green Beans Fresh Apple Chilled Milk 20</p>	<p>Hot Turkey Sandwich Mixed Vegetables Diced Pears Chilled Milk 21</p>	<p>Chicken Gyro Ranch Chopped Salad Banana Chilled Milk 22</p>	<p>Meatball Sub Tuscan Bean Salad Peach Cup Chilled Milk 23</p>	<p>Chicken Nuggets Carrotinis Applesauce Cup Chilled Milk 1/2 Day 24</p>
<p>Chicken Pizza Quesadilla Steamed Broccoli Craisins Chilled Milk 27</p>	<p>Jamaican Beef Pattie Street Corn Salad Diced Pears Chilled Milk 28</p>	<p>Chicken Poke Bowl with Rice Peppers and Carrots Fresh orange Chilled Milk 29</p>	<p>Sofrito Chicken Red Beans & Rice Pineapple Tidbits Chilled Milk 30</p>	<p>French Bread Pizza Celery Sticks Fresh Apple Chilled Milk 1/2 Day 31</p>

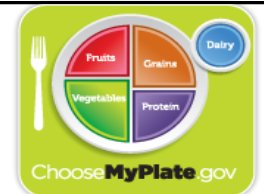
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		Sunchips 6 oz Juice 1	Cheezits Applesauce Cup 2	Half Day No Snack 3
Zoo Crackers 6 oz, Juice 6	Tiger Bites 6 oz. Juice 7	Sunchips 6 oz Juice 8	Cheetos Fresh Apple 9	Half Day No Snack 10
Zoo Crackers 6 oz, Juice 13	Tiger Bites 6 oz. Juice 14	Sunchips 6 oz Juice 15	Cheezits Fresh Pear 16	Half Day No Snack 17
Zoo Crackers 6 oz, Juice 20	Tiger Bites 6 oz. Juice 21	Sunchips 6 oz Juice 22	Cheetos Applesauce Cup 23	Half Day No Snack 24
Zoo Crackers 6 oz, Juice 27	Tiger Bites 6 oz. Juice 28	Sunchips 6 oz Juice 29	Cheezits Fresh Pear 30	Half Day No Snack 31

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