

March Lunch



**PINE PLAINS CENTRAL SCHOOL DISTRICT
(Prek-5)**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Bosco Sticks 30g 15g/Stick</p> <p>Tomato Sauce 9 g</p> <p>Caesar Salad</p> <p>Caesar Salad Romaine 10g Crouton 5g Dressing 3g</p>	<p>3</p> <p>Chicken Nuggets 5PC/ 12g</p> <p>Smiley Fries 23g /5 pieces</p> <p>Corn w/ NY Maple Butter 23g</p> <p>NY Apple Slices w Sun But- ter (B) 14g</p>	<p>4</p> <p>Spaghetti & NY Beef & Pork Meatballs</p> <p>Meatball 2g/ Meatball Serving Size 3</p> <p>Pasta 20.5g / 1/2 Cup</p> <p>Tomato Sauce 5g Mozzarella Cheese 0g Bun 28g</p> <p>Green Beans 11g/ 1/2 cup</p> <p>Parmesan 0g</p> <p>Strawberry Peaches/ Pears & Cream 17g/1/2 Cup</p>	<p>5</p> <p>NY Beef Crunch Wrap</p> <p>Beef 2g Cheese 1g Tortilla 48g</p> <p>NY Cilantro Lime Rice 19g/1/2 cup</p> <p>NY Pinto Beans 20g/1/2 cup</p> <p>Plantains 31g/1/2 cup</p> <p>Salsa 5g</p>	<p>6</p> <p>NY Neapolitan style Pizza</p> <p>43g /slc/8 pc 34g /slc/10 pc</p> <p>Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies</p>
<p>9</p> <p>Mini Corn Dogs 18g</p> <p>3g per corn dog Serving 6 pc</p> <p>Funnel Cake 19g/</p> <p>Corn on the Cob w/ NY Maple Butter 26g</p> <p>Garden Salad (B) 5-7g w/o dressing</p>	<p>10</p> <p>Cheese Burger Pasta 28.4g/1/2 cup</p> <p>Big Mac G Bread 17g</p> <p>PB& J Pack</p> <p>Uncrustable 32g</p> <p>Cheez-IT,17g Cheese Stick 1g</p> <p>Carrot & Celery Sticks 7g</p> <p>Ants on a Log (B) 17g</p> <p>NY Apple Slices 7g /pk</p>	<p>11</p> <p>NY Loaded Chicken Nachos</p> <p>Meat 2g Tortilla / 1 oz 21g Cheese 1g</p> <p>NY Rojo Chiquito Baked Beans</p> <p>20g/1/2 cup</p> <p>Pineapple Salsa 3.5g/1 oz</p> <p>Orange Wedges 28g</p>	<p>12</p> <p>NY Neapolitan style Pizza</p> <p>43g /slc/8 pc 34g /slc/10 pc</p> <p>Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies</p>	<p>13</p> <p align="center"><u>No School SCD</u></p>
<p>16</p> <p>Breakfast Cheese Omelet, Sausage, French Toast, or Hash brown</p> <p>27g w FT Stick 19g w Hashbrown</p> <p>NY Maple Syrup 31g</p> <p>Roasted Red Pepper & Cucumber Salad 7g</p> <p>Cinnamon Sugar Bananas (B) 17g/1/2 Cup</p>	<p>17</p> <p>NY Cheese Burger w/ Cooper Cheese</p> <p>Burger 0 Bun 28 Cheese 0</p> <p>Smiley Fries 23g Serving Size 5 pc</p> <p>Strawberry Peaches/ Pears & Cream 17g/1/2 Cup</p>	<p>18</p> <p>Pretzel Chicken 9g /Pc</p> <p>Honey Roasted Green Beans & Carrots</p> <p>15g/ 1/2 cup serving</p> <p>Homemade Ranch 3g /oz Honey Mustard 8g/ 2tbsp</p> <p>Everything Bread 13.5 / 1 oz slice</p> <p>Garden Salad (B) 5-7g w/o dressing</p>	<p>19</p> <p>NY Southern Style Baked Mac & Cheese (B) 32g/ 1/2 Cup 64g / Cup</p> <p>NY Biscuit 24g</p> <p>NY Baked Beans 18.5g</p>	<p>20</p> <p>NY Neapolitan style Pizza</p> <p>43g /slc/8 pc 34g /slc/10 pc</p> <p>Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies</p> <p>Garden Salad (B) 5-7g w/o dressing</p> <p>Diced Peaches 15g</p>
<p>23</p> <p>Bosco Sticks 30g Tomato Sauce 9 g</p> <p>Caesar Salad</p> <p>Caesar Salad Romaine 10g Crouton 5g Dressing 3g</p> <p>NY Apple Slices w Sun Butter (B) 14g</p>	<p>24</p> <p>NY Loaded Baked Potato Soup 32g 16g / 1/2 cup</p> <p>NY Honey Rosemary Roasted Root Vegetables 20g/1/2 cup</p> <p>NY Cheddar Biscuit 24g</p> <p>Orange Wedges w/ Dark Choco- late (B) 16g</p>	<p>25</p> <p>NY Sesame Chicken</p> <p>Chicken 5g Sauce 7g</p> <p>NY Veggie Lo-mein 25g/ 1/2 cup</p> <p>Sweet Chile & Sesame Marinated Cucumbers 7g/1/2 cup</p> <p>Pineapple & Mango w/Lime & Toasted Coconut</p> <p>Fruit 16g/1/2 cup Lime 1.3g Coconut 8g/ Tbsp</p>	<p>26</p> <p>NY Neapolitan style Pizza</p> <p>43g /slc/8 pc 34g /slc/10 pc</p> <p>Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies</p> <p>Caesar Salad Romaine 7g Crouton 5g Dressing 2-3g</p> <p>Garden Salad (B) 5-7g w/o dressing</p>	<p>27</p> <p align="center"><u>1/2 Day</u></p> <p>Grapes 11 g Ny Apple-21g NY Pear-26g Apple Slices-7g Orange Wedges-11g/1/2 cup Diced Peaches/Pears 15g</p> <p>NY Salad Bar-25-40g</p> <p>House Baked Bread 11.8g /1 oz Slice 23.6g/ 2 oz Slice</p> <p>Grilled Cheese 30-32g</p> <p>NY HVE Milk 1% WM-12g Choc 22g Skim-12g</p> <p>Grilled Cheese 30-32g</p> <p>Uncrustable 2.6 oz 32g Chicken Patty 41g Patty 13g Bun 28g</p>

Breads/ Wraps/ Grains

Kaiser Roll -30g

Wraps— 6" 14g , 8" 24g , 10" 30g , 12" 45g

Burger Bun 28g / Pannini 23.6g per slice 47.2g total , Bread Alone WG 16g/Slice, WG Wheat 14g/slice , Rye 12g/ Slice