

March Lunch



PINE PLAINS CENTRAL SCHOOL DISTRICT (Grades 6-12)



| 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 on the Cob 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 MS/HS Serv :1 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</p> <p>19g/1/2 cup</p> <p>NY Pinto Beans 20g/1/2 cup</p> <p>Salsa 5g</p> | <p>6</p> <p>NY Neapolitan style Pizza 43g</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 18-27g</p> <p>3g per corn dog Serving 6-9 pc</p> <p>Funnel Cake 38g/</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 MS/HS Serv: 1 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</p> <p>3.5g/1 oz</p> <p>Orange Wedges 28g</p> | <p>12</p> <p>NY Neapolitan style Pizza</p> <p>43g/ Slc/ 8 pc</p> <p>Plain 43g Pepperoni 45g Sausage 45g Chicken Alfredo 50g NY Veggie 47g Chefs Special Varies</p> | <p>13</p> <p><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 15g/ 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 43g</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</p> <p>Soup 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</p> <p>25g/ 1/2 cup MS/HS 1 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 43g</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><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 HVF 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</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