



**Tonawanda CSD K-5
Lunch Menu**

March 2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Deli Entrée Offerings:

- Mon** – Ham & Cheese Sandwich
- Tues** – Turkey & Cheese Sandwich
- Wed** – Yogurt Lunch
- Thurs** – Super Hero Sub
- Fri** – Hot Dog on a Bun

Weekly Salad Special
Chef Salad

Lunch Price - \$1.75
Milk Price - \$.50
Meal Components:
 Protein, Grain, Fruit,
 Vegetable, Milk
 All grains are
 whole grain rich.

**Baked Fish Sticks
with Pasta Salad**

Crispy Tater Tots
or Cauliflower
Applesauce
or Fresh Fruit

**Grilled Cheese
Sandwich**

Tomato Soup
and Carrots
Fresh Fruit or
Pears

Cheese Pizza

Green Beans or
Zucchini
Fresh Fruit or Mixed
Fruit Cup

Weekly Salad Special
Chicken Nugget Salad

Hot Dog on a Bun

Carrot Coins
or Broccoli
Fresh Fruit or
Pineapple Tidbits

**Chicken Nugget
Ranch Pizza**

Tossed Romaine Salad
or Green Beans
Fresh Fruit or Peaches

**French Toast Sticks
w/ Sausage & Syrup**

Baked Tater Tots
or Golden Corn
Applesauce
or Chilled Juice

**Taco in a Bag
w/ Rice**

Steamed Cauliflower
or Baked Beans
Fresh Fruit or
Diced Pears

Cheese Pizza

Green Peas or
Mixed Vegetables
Fresh or
Mixed Fruit

Weekly Salad Special
Peppi Pizza Salad

Choose 3 to 5 components each day, which may include 1 entree. One of the components must be a fruit or vegetable.

**Chicken Nuggets
w/ Dinner Roll**

Celery Sticks or
Veggie Beans
Fresh Fruit or
Mandarin Oranges

**Breadstick
Dippers w/ Sauce**

Corn Niblets or
Tossed Romaine Salad
Fresh Fruit or
Strawberry Cups

**Pancakes & Syrup
w/ Sausage**

Oven Fries
or Mixed Vegetables
Applesauce
or Chilled Juice

Twin Tacos

Broccoli or
Carrot Sticks
Fresh Fruit or
Pears

Cheese Pizza

Green Beans or
Steamed Carrots
Fresh or
Assorted Mixed Fruit

Weekly Salad Special
Spinach Salad

Bacon Cheeseburger

Baked Beans
or Mixed Vegetables
Fresh Fruit or
Pineapple Tidbits

**Chicken Patty
Sandwich**

Tossed Romaine Salad
or Carrot Coins
Fresh Fruit or
Peaches

**Cinnamon Sticks
With Sausage**

Crispy Tater Tots
or Celery Sticks
Applesauce
or Chilled Juice

**Nachos Grande
w/ Beef & Cheese**

Steamed Broccoli or
Cauliflower
Fresh Fruit or Diced
Pears

Cheese Pizza

Sweet Potatoes
or Green Beans
Fresh Fruit or
Mixed Fruit Cup

Weekly Salad Special
Chef Salad

**Corn Dog
w/ Honey Mustard**

Steamed Broccoli
or Mixed Vegetables
Fresh Fruit or
Mandarin Oranges

**Turkey & Gravy
w/ Dinner Roll**

Mashed Potatoes
Or Corn Niblets
Fresh Fruit or Peaches

BBQ Rib Sandwich

Green Beans or
Baked Beans
Applesauce
or Fresh Fruit

**Grilled Cheese
Sandwich**

Tomato Soup
and Carrots
Fresh Fruit or
Pears

Cheese Pizza

Tossed Romaine Salad
or Brussel Sprouts
Fresh Fruit or
Assorted Mixed Fruit

Choice of Milk Available with Lunch:

Low-Fat White, Fat Free White, Fat Free Chocolate

Available Daily

Peanut Butter & Jelly Sandwich/Cheese Sandwich

Baby Carrots (1/4 c)

USDA and this institution are equal opportunity providers and employers.

