



# March 2019

## Elementary School Lunch

Student Paid: \$ 1.75    Reduced: \$.25    Adult: \$3.94 + tax    Menu subject to change

It's National Nutrition Month- make an effort to eat healthy meals, stay hydrated and get some exercise!

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>What will you do with your extra hour of daylight? Get a dilated eye exam. www.net.nh.gov/eyecare</p> <p>Turn Clocks AHEAD one hour on March 10 th</p>	<p>Did you Drink Enough Water Today? Did you eat fruit at every meal? Did you eat some veggies? Did you drink some milk? Did you get some sunshine?</p>		<p>Parents - you may fill out a free or reduced meal application at any time during the school year Call -518-499-1770 ext 2013 I'll be happy to send one to you</p>	<p><b>1</b> Italian Dunkers w/ marinara Steamed Broccoli Fruit /Milk</p>
<p><b>4</b> Chicken Patty on a bun Sweet Potato Fries Fruit / Milk</p>	<p><b>5</b> General Tso's Chicken Rice Oriental Veggies Fruit / Milk <b>Fortune Cookies!</b></p>	<p><b>6 Hump Day Happy Meal</b> Hamburger on a WG Bun French Fries Fruit / Milk</p>	<p><b>7</b> Toasted Ham &amp; Cheese Flatbread Green Beans Fruit / Milk</p>	<p><b>8</b> Cheese Pizza Spinach Fruit / Milk</p>
<p><b>11</b> Chicken Tenders w/ BBQ Sauce Steamed Broccoli Roll &amp; Margarine Fruit / Milk</p>	<p><b>12</b> Soft Tacos , lettuce, tomato, Cheese Sour Cream &amp; Salsa Bean Salad Fruit / Milk</p>	<p><b>13 Hump Day Happy Meal</b> Chicken Patty on a WG Bun Baby Carrots Fruit / Milk</p>	<p><b>14</b> Homemade Goulash Green &amp; Wax Bean Medley Fruit / Milk</p>	<p><b>15</b> Cheese &amp; Pepperoni Calzone Fresh Veggies w/ dip Fruit / Milk</p>
<p><b>18</b> Chicken Nuggets Sweet Potato Tots Roll &amp; Margarine Fruit / Milk</p>	<p><b>19</b> Sloppy Joes on a Bun Steamed Broccoli Fruit / Milk</p>	<p><b>20 Hump Day Happy Meal</b> Hamburger on a WG Bun French Fries Fruit / Milk <b>It's SPRING!!</b></p>	<p><b>21</b> Hot Dog on a Bun Baked Beans Fruit / Milk</p>	<p><b>22</b> Chicken, Bacon, Ranch Pizza Tossed Salad w/ Italian dressing Fruit / Milk</p>
<p><b>25</b> Chicken &amp; Waffles w/syrup Green Beans Fruit / Milk</p>	<p><b>26</b> Macaroni &amp; Cheese Fish Sticks Mixed Veggies Fruit / Milk</p>	<p><b>27 Hump Day Happy Meal</b> Chicken Patty on a WG Bun Fries Fruit / Milk</p>	<p><b>28</b> Turkey Sandwich Carrots w/ dip Apple Slices &amp; Milk</p>	<p><b>29</b> Cheese Pizza Fresh Veggies w/ dip Fruit / Milk</p>

Parents - please sign up and prepay your student's meal account at [www.myschoolbucks.com](http://www.myschoolbucks.com)