

MARCH 2025



Don't forget to set your clocks forward one hour on Sunday, March 9!

*Second Daily Hot Meal Option
 M-W-F: Popcorn Chicken
 TUE-THUR: Mac & Cheese
 Contact Dawn Piteo School Lunch Manager with any questions/ concerns at dpiteo@roslynschools.org or 516. 801.5059 or Steve Klein Asst. School Lunch Manager at sklein@roslynschools.org or 516.801.5297

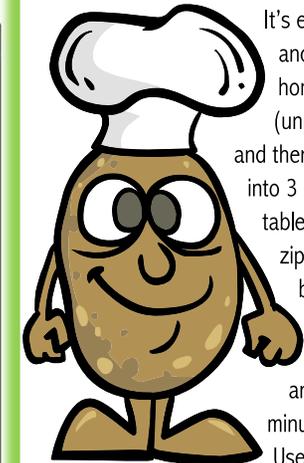
This institution is an equal opportunity provider.

Monday, March 3	Tuesday, March 4	Wednesday, March 5	Thursday, March 6	Friday, March 7
<p>Lunch Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk Bagel Plain /Butter/CC</p> <p>*Grilled Cheese Tomato Fruit /Milk</p>	<p>Lunch Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk Bagel –Plain /Butter/CC</p> <p>*Hamburger/Cheese Burger Fries /Fruit/Milk</p>	<p>Lunch Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Bagel Plain/Butter/CC</p> <p>*Plain Pasta or Pasta with Meatballs Vegetable/ Fruit/Milk</p>	<p>Lunch Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk Bagel Plain /Butter/CC</p> <p>*Chicken Patty Vegetable Fruit/Milk Fruit /Milk</p>	<p>Lunch Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Bagel-Plain/Butter/CC</p> <p>*High School Tangerine Chicken w/ Rice Elementary & MS Pizza Vegetable/ Fruit/ Milk</p>

Monday, March 10	Tuesday, March 11	Wednesday, March 12	Thursday, March 13	Friday, March 14
<p>Lunch Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk Bagel Plain /Butter/CC</p> <p>*Mac & Cheese Vegetable Fruit /Milk</p>	<p>Lunch Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk Bagel –Plain /Butter/CC</p> <p>*Hamburger/Cheese Burger Fries /Fruit/Milk</p>	<p>Lunch Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Bagel Plain/Butter/CC</p> <p>*Plain Pasta or Pasta with Meatballs Vegetable/ Fruit/Milk</p>	<p>Lunch Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/ Jelly/ Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Vegetable/ Fruit/Milk Bagel Plain /Butter/CC</p> <p>*Chicken Tenders Mashed Potatoes Fruit /Milk</p>	<p>Lunch Choice of Sandwiches Turkey, Turkey & Cheese / Ham/Tuna/Egg Salad/Jelly Yogurt/ Yogurt Parfait Jr. Salad w/ Tuna /Egg Salad/ or Turkey/ Cheese or Plain Bagel-Plain/Butter/CC</p> <p>*High School Tangerine Chicken w/ Rice Elementary & MS Pizza Vegetable/ Fruit/ Milk</p>



HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday March 17

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Bagel Plain /Butter/CC

*Grilled Cheese
Tomato Soup
Fruit/Milk

Tuesday, March 18

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Bagel –Plain /Butter/CC

*Hamburger/Cheese
Burger, Fries /Fruit/Milk

Wed, March 19

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Bagel Plain/Butter/CC

*Plain Pasta or Pasta
with Meatballs
Vegetable/ Fruit/Milk

Thursday, March 20

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Bagel Plain /Butter/CC

*Chicken Patty
Vegetable's
Fruit/Milk

Friday, March 21

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Bagel-Plain/Bu^{ter}/CC

*High School Tangerine
Chicken w/ Rice
Elementary Pizza
Vegetable/ Fruit/ Milk

Monday, March 24

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Bagel Plain /Butter/CC

*Mac & Cheese
Vegetable
Fruit /Milk

Tuesday, March 25

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Bagel –Plain /Butter/CC

*Hamburger/Cheese
Burger
Fries /Fruit/Milk

Wed, March 26

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Bagel Plain/Butter/CC

*Plain Pasta or Pasta
with Meatballs
Vegetable/ Fruit/Milk

Thursday, March 27

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
Bagel Plain /Butter/CC

*Chicken Tenders
Mashed Potatoes
Fruit /Milk

Friday, March 28

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/Jelly Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Bagel-Plain/Bu^{ter}/CC
High School Tangerine

*Chicken w/ Rice
Elementary & MS Pizza
Vegetable/ Fruit/ Milk

Monday, March 31

Lunch

Choice of Sandwiches
Turkey, Turkey
& Cheese / Ham/Tuna/
Egg Salad/ Jelly/ Yogurt/
Yogurt Parfait Jr. Salad
w/ Tuna /Egg Salad/ or
Turkey/ Cheese or Plain
Vegetable/ Fruit/Milk
*Bagel Plain /Butter/CC

Grilled Cheese
Tomato Soup
Fruit /Milk

*Second Daily Meal Option

M-W-F: Popcorn Chicken

TUE-THUR: Mac & Cheese

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Manager at
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NUTRITION TO GO

Peanut Butter is a fantastic, healthy lunch or snack food that kids love! Look for varieties that contain less sugar. Indeed, there are many brands available now that are 100% peanuts -- or perhaps just peanuts with a dash of salt -- and no added sugar at all! Excellent Peanut Butter delivery methods include celery stalks and 100% whole wheat bread or crackers.

A QUICK BITE FOR PARENTS

START FRESH WITH FRUIT!

Every complete Breakfast@School must include a serving of fruit. That's putting **FIRST THINGS FIRST!**

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!