

Menus for March

Roslyn Public Schools

This institution is an equal opportunity provider.
Menus are subject to change.

Spring Forward



Sunday, March 8



Monday, March 2

Lunch

WG Cinnamon French Toast Sticks
Egg Patty
Carrot/Celery Sticks
Chilled Fruit
Or
Egg Salad
Yogurt Parfait

Tuesday, March 3

Lunch

Chicken Fajitas
Tostitos
Brown Rice
Cheese/Salsa
Garden Salad 3/4 cup
Chilled Fruit 1/2-1cup
Or
Grilled Chicken

Wednesday, March 4

Lunch

Pasta & Meatballs
Or Meatball Hero
Steamed Veggies 3/4 cup
Chilled Fruit 1/2-1cup
Or
Scoop of Tuna Salad Platter
Yogurt Parfait

Thursday, March 5

Lunch

Popcorn Chicken
Steamed Veggies 3/4 /1 cup
Chilled Fruit 1/2 1 cup
Chickpea Salad
Turkey Chef Salad Plate
Or
Yogurt Parfait

Friday, March 6

Lunch

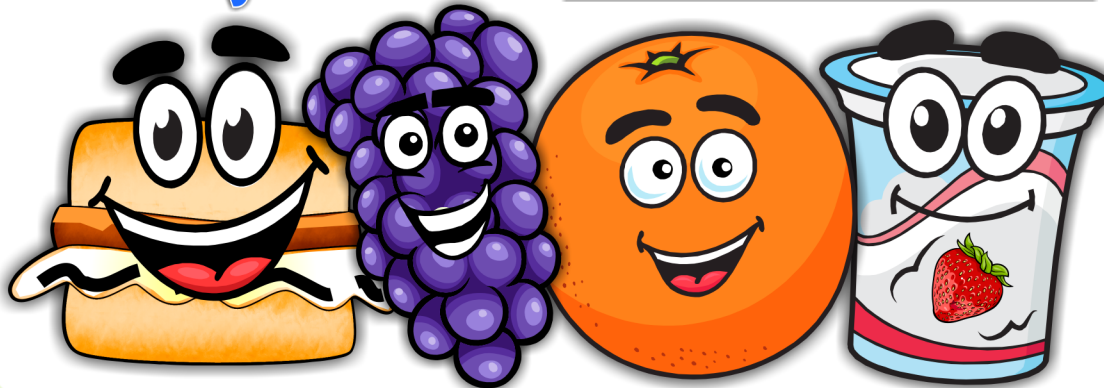
Pizza
Garden Salad 3/4 cup
Chilled Fruit 1/2 cup
Or
Yogurt Parfait

Monday, March 9

Lunch

Beef Pattie On a Bun
Potato Wedge 3/4 cup
Chilled Fruit 1/2-1 cup
Or
Chicken Salad

come join us for Breakfast@School



Tuesday, March 10

Lunch

Turkey Taco
Tostitos
Brown Rice
Cheese/Salsa
Garden Salad
Chilled Fruit
Or
Chicken Salad

Wednesday, March 11

Lunch

Pasta & Meatballs
Or Meatball Hero
Steamed Veggies 3/4 cup
Chilled Fruit 1/2-1cup
Or
Scoop of Tuna Salad Platter
Yogurt Parfait

Thursday, March 12

Lunch

Chicken Patty
On a Bun
Steamed Veggies
3/4 /1 cup
3/4 cup Chick Peas
Chilled Fruit 1/2 1
cup
Or
Turkey Chef
Salad Plate



**What's on
YOUR
plate?**

Friday, March 13

Lunch

Pizza
Garden Salad 3/4
cup
Chilled Fruit 1/2
cup
Or
Yogurt Parfait

Monday, March 16

Lunch

Beef Pattie
On a Bun
Potato Wedge
3/4 cup
Chilled Fruit
1/2-1 cup
Or
Egg Salad

Tuesday, March 17

Lunch

WG Cinnamon
French Toast
Sticks
Egg Patty
Carrot/Celery
Sticks
Chilled Fruit
Or
Grilled Chicken

Wed, March 18

Lunch

Pasta & Meatballs
Or Meatball Hero
Steamed Veggies
3/4 cup
Chilled Fruit 1/2-
1cup
Or
Scoop of Tuna
Salad Platter

Thursday, March 19

Lunch

Popcorn Chicken
Steamed Veggies
3/4 /1 cup
3/4 cup Chick Peas

Chilled Fruit 1/2 1
cup
Or
Turkey Chef
Salad Plate



**Q: What can you
do with a
LEEK?!**

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

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

Friday, March 20

Lunch

Pizza
Garden Salad 3/4
cup
Chilled Fruit 1/2
cup
Or
Yogurt Parfait

Monday, March 23

Lunch

Grilled Cheese
on Whole Wheat
Steamed Veggies
Chilled Fruit
1/2-1 cup
Or
Egg Salad
Yogurt Parfait

Tuesday, March 24

Lunch

Turkey Taco
Tostitos
Brown Rice
Cheese/Salsa
Garden Salad
Chilled Fruit
Or
Chicken Salad

Wednesday, March 25

Lunch

Pasta & Meatballs
Or Meatball Hero
Steamed Veggies
3/4 cup
Chilled Fruit 1/2-
1cup
Or
Scoop of Tuna
Salad Platter

Thursday, March 26

Lunch

Chicken Patty
On a Bun
Steamed Veggies
3/4 /1 cup
3/4 cup Chick Pea
Salad
Chilled Fruit 1/2 1
cup
Or
Turkey Chef

Friday, March 27

Lunch

Pizza
Garden Salad 3/4
cup
Chilled Fruit 1/2
cup
Or
Yogurt Parfait

Monday, March 30

Lunch

Beef Pattie
On a Bun
Potato Wedge
3/4 cup
Chilled Fruit
1/2-1 cup
Or
Chicken
Salad

Tuesday, March 31

Lunch

Macaroni & Cheese
Steamed Veggies
Chilled Fruit
1/2-1 cup
Or
Grilled Chicken
Or
Yogurt Parfait

Available

Daily
Sandwiches
Cheese, Turkey, Tuna,
Turkey & Cheese
WOW Butter & Jelly
Jr. Salads w/ your choice
of Turkey, Tuna, Cheese