



Kindergarten:



Ms. Nancy Padrone, SNS, M.A., R.D.
 Director of Food Services
 Food Service Office: 471-1353
 District Switchboard: 471-1300

March 2010- Our breakfast and lunch service is available to all students. If you are eligible for the free/reduced program, apply now. You must apply each year for this benefit. If your family has experienced loss of income apply for this program now, you may be eligible.

This year the meal prices are: **BREAKFAST:** all students: \$1.00 reduced price \$.25
LUNCH: Elementary \$1.90 Secondary \$2.00 reduced \$.25 Adult \$3.65 includes tax -

- ALA CARTE:**
 Animal Crackers \$.40
 Pretzel Rod \$.05
 Fresh Fruit \$.50
 Ch. Chip Cookie \$.30-1.00
 Juice \$.35-.75
 Ice Cream \$.75-1.25
 Frozen Juice Bar \$.40
 String Cheese \$.60
 All variety milk \$.40 skim, LF white ,skim, LF chocolate LF Strawberry

Sachem Food Services
"More than just lunch"
March 2010



- MORE ALA CARTE**
 All variety Fruit Snacks \$.40-1.00
 Bag Snacks (chips, popcorn, etc.) \$.60-1.25
 Soft Hot Pretzel \$.50-1.25
 Tropicana Juice \$.60
 Second Entree with lunch \$1.50
SACHEM FOOD SERVICES MORE THAN JUST LUNCH!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Nuggets With dipping sauce Steamed Rice Broccoli Mixed Fruit cup	2 Turkey Burger with Bacon and cheese On bun Potato Wedges Corn Peaches	3 Home Style Macaroni and Cheese Peas and Carrots Fresh Baked WW Bread stick Strawberry Cup	4 Nachos Grande Beef, cheese, L&T, salsa and sour cream over nacho chips Black Bean Casserole Churro Pears	5 Slice of Sachem's Own Pizza Mixed green Salad with Dressing Assorted Fruits
8 Chicken Nuggets or Popcorn Chicken With dipping sauce Steamed Rice Corn Assorted Fruit	9 Mozzarella Sticks Spaghetti with sauce Sliced Tomatoes with lettuce & dressing Pears	10 Roasted Chicken Mashed Potatoes with gravy Broccoli Fresh Baked WW bread Stick Strawberries NO ALTERNATE	11 Taco Boat Crispy Tortilla filled with beef topped with L&T, cheddar cheese, salsa and sour cream Mixed Fruit	12 Whole Wheat Stuffed Crust Pizza Assorted Veggies w/dip Mixed Fruit
15 Grilled Chicken Pattie on a Bun Tater tots Applesauce	16 Meatball Hero With tomato sauce Mixed Bean Salad Strawberries	17 Happy St. Patrick's Day Mini- Burger Slider Sandwiches plain or with cheese Baked Oven Fries Peaches Fresh Baked Shamrock Cookie	18 1/2 Day Elementary schools- Breakfast Served No Lunch Service	19 Slice of Sachem's Own Pizza Mixed green Salad with Dressing Assorted Fruits
22 Popcorn Chicken or Chicken Nuggets with dipping sauce Potato Wedges Peas and Carrots Fresh Baked Biscuit Pears	23 Tomato Soup Grilled Cheese Sandwich Tossed Salad Assorted Fruit	24 Chicken Fajita with lettuce, tomato, salsa, cheddar cheese in flour tortilla Mexicali Corn Steamed Rice Peaches Churro	25 Brunch for Lunch Pancakes with butter & syrup Scrambled Eggs or Omelet Sausage Hash Browns Applesauce NO ALTERNATE	26 Chicago Style Uno Pizza Antipasto Salad with dressing Fresh Fruit
29- If school is open **Chicken Nuggets with dipping sauce Steamed Rice Corn Assorted Fruit	30 Schools closed- Spring Recess	31 Schools closed- Spring Recess	April 1 Schools closed- Spring Recess	April 2 Schools closed- Spring Recess

BREAKFAST CORNER: Cost \$1.00

Monday: Omelet on Roll 3/1, Breakfast Frittata 3/8, 3/15, Breakfast Taco 3/22, Assorted Fruits

Tuesday: Bagel with butter , peanut butter or cream cheese, Juice

Wednesday: Cinnamon Rolls, assorted fruit

Thursday: Hot Pretzel with cheese sauce, Fruit Juice

Friday: French Toast Sticks w/ syrup, Fruit Juice

Offered daily - Assorted Cereals & yogurt or string cheese
 Choice of milk served daily with breakfast and lunch: skim, LF white, LF Choc., LF Strawberry

Alternates for March 1-26, 2010
CHOICE OF ADDITIONAL ENTREES:
DAILY: DELI SANDWICHES, PBJ, SALADS

Monday Deli Choice: Bologna

Tuesday: Deli Choice: Turkey

Wednesday: Deli Choice: Ham & cheese

Thursday Deli Choice: Salami

Friday: Deli Choice: Tuna Salad Sandwich

Smuckers uncrustables . Served daily as sandwich choice