



9-12 Lunch: \$3.10

MARCH 2020

Averill Park High School

Daily Alternate Entrees:

Assorted Sandwiches on Whole Wheat Bread,
Assorted Wraps, Assorted Salads with Whole Wheat Dinner Rolls

Served Daily: Assorted Fruit, 1% Plan Milk, Fat Free Chocolate Milk

Monday

Mozzarella Sticks with
Marinara Sauce
Seasoned Green Beans
Marinated Chickpea Salad

2

Tuesday

Belgian Waffle Sticks
Turkey Sausage
Sweet Potato Tots
Honey Glazed Carrots

3

Wednesday

Pasta with
Homemade Meat Sauce
Steamed Broccoli
Grape Tomatoes

4

Thursday

Chicken Nuggets
Seasoned Brown Rice
Roasted Zucchini
Cucumber Wheels

5

Friday

Assorted Pizzas
Steamed Green Beans
Garden Salad

6

Popcorn Chicken
Garlic Breadstick
Mashed Potatoes
Seasoned Carrots

9

Beef Tacos with
Cheese, Lettuce & Salsa
Seasoned Brown Rice
Green Pepper Strips

10

Pizza Crunchers
Steamed Broccoli
Garden Salad

11

Cheeseburger on a
Whole Wheat Roll
Oven Baked Tater Tots
Vegetarian Baked Beans

12

Assorted Pizzas
Green Bean Salad
Garden Salad

13

Cheesy Breadsticks with
Marinara Sauce
Steamed Broccoli
Grape Tomatoes

16

Chicken Fajita
*(Chicken, Peppers, Onions
on a Whole Wheat Tortilla)*
Seasoned Rice
Golden Corn

17

Buffalo or BBQ Chicken
Flatbread Sandwich
Oven Baked Fries
Carrot Sticks

18

Popcorn Chicken
Whole Grain Dinner Roll
Mashed Potatoes
Golden Corn

19

Assorted Pizzas
Steamed Green Beans
Garden Salad

20

Chicken Nuggets
Seasoned Brown Rice
Roasted Mixed Vegetables
Carrot & Celery Sticks

23

French Toast Sticks
Turkey Sausage Links
Oven Baked Potato Puffs
Honey Glazed Carrots

24

Pulled Pork Sandwich
on a Whole Wheat Roll
Sweet Potato Fries
Homemade Cole Slaw
Vegetarian Baked Beans

25

Toasted Cheese on
Whole Wheat Bread
Campbell's Tomato Soup
Cucumber Wheels

26

Assorted Pizzas
Green Bean Salad
Garden Salad

27

Chicken Quesadilla
Salsa & Sour Cream
Golden Corn
Green Pepper Strips

30

Cheeseburger on a
Whole Wheat Roll
Oven Baked French Fries
Vegetarian Baked Beans

31

Menu is subject to change without notice.

This organization is an equal opportunity provider and employer.



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