


March 2018 Birch Grove Primary School


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>HELP WANTED Food & Nutrition Services</p> <p>Is looking for substitute workers who may be interested in permanent part-time positions. Work only while your students are in school.</p> <p>Please contact Kim Mecteau at 860-870-6853 or kmecteau@tolland.k12.ct.us</p>		<p>DON'T FORGET Sunday March 11th</p> 	<p>1 Early Release</p> <p>Mini Corn Dog Nuggets</p> <p>Pepperoni or Cheese Pizza</p> <p>Butternut Squash</p>	<p>2 Early Release</p> <p>Dr. Seuss' Celebration <i>Green Eggs & Ham with a hash brown potato and biscuit</i></p> <p>or</p> <p><i>"Cat in the Hat" Yogurt Parfait with one fish, two fish, three fish pretzels</i></p> <p>Chilled Confetti Peas & Corn</p>
<p>5</p> <p>Stuffed Crust Pizza</p> <p>SunButter & Jelly Sandwich</p> <p>Roasted Cauliflower</p>	<p>6</p> <p>Chicken Nuggets with a Soft Pretzel</p> <p>Ham & Cheese Melt with fun-sized chips</p> <p>2-Bean Salad</p>	<p>7</p> <p>Pasta & Meatballs with Cheesy Garlic Breadsticks</p> <p>Bagel & Yogurt Plate</p> <p>Broccoli Trees with dressing</p>	<p>8</p> <p>Mozzarella Sticks with Marinara Dipping Sauce</p> <p>Meatball Grinder</p> <p>Seasoned Carrots Jello With Whipped Topping</p>	<p>9</p> <p>Popcorn Chicken with a Soft Roll</p> <p>Grilled Cheese Sandwich</p> <p>Sweet Kernel Corn</p>
<p>12</p> <p>Mozzarella Sticks with Marinara Dipping Sauce</p> <p>Hummus Bento Box with a hardboiled egg, fresh veggies, Panini bread & Cheez-it crackers</p> <p>Steamed Spinach</p>	<p>13</p> <p>Hot Dog on a Bun</p> <p>Yogurt & Cereal Plate</p> <p>Cowboy Caviar</p>	<p>14</p> <p>Mini Ravioli with Meatballs & Cheesy Garlic Breadsticks</p> <p>Chicken Tender Wrap</p> <p>Celery Sticks</p>	<p>15</p> <p>Chicken Nuggets with a side of Pasta Alfredo</p> <p>Turkey & Cheese Sandwich with Fun Size Chips</p> <p>Fresh Baked Sweet Potato, with cinnamon spread</p>	<p>16</p> <p>Mini Corn Dog Nuggets</p> <p>Cinnamon Ham & Waffle Breakfast Sandwich with Roasted Vanilla Apples</p> <p>Oven Fries</p>



AVAILABLE DAILY

Each meal includes an entrée with a whole grain, a choice of vegetables (students may select two), a variety of fruits and low-fat or fat-free milk (plain or flavored). Each child must select at least three of the five components including a fruit or vegetable to create a meal. Without a fruit or vegetable, a la carte prices must be charged for each item.

All Main Dish Grain Items Are Whole Grain Rich!



LUNCH PRICE
\$ 2.90

ALA CARTE MILK .70

Menus may change without notice.

19	20	21	22	23 Early Release	
Pizza Dippers with Marinara Sauce Yogurt Parfait with a Soft Pretzel Green Beans	Popcorn Chicken with a Soft Roll Grilled Cheese Sandwich Baked Beans	Pasta & Meatballs with Cheesy Garlic Breadsticks Ham Sandwich with fun-sized chips Broccoli Salad	Freshly Made White or Red Pizza Tangerine Chicken Asian Rice Bowl Roasted Carrot Fries "Happy Birthday" Sugar Cookie Treat	Fun Shaped Chicken Nuggets with a Roll Fish Sticks with a side of Macaroni & Cheese Corn Salad	
26	27	28	29	30	<p>CELEBRATE NATIONAL SCHOOL BREAKFAST WEEK MARCH 5TH-9TH</p> <p>All week long – Purchase school breakfast and get a Sticker!!</p>
Cheese or Veggie Pizza Scrambled Eggs & Pancakes Vegetable Medley	Nacho's with Cheese Sauce and Taco Meat Yogurt Parfait with a Soft Pretzel Anthony's 3-Bean Salad	Mini Ravioli with Meatballs & Cheesy Garlic Breadsticks Tuna Sandwich on a Goldfish Roll with Goldfish Pretzels Broccoli Trees with Dressing	Hot Dog on a Bun Cheeseburger on a Bun Sweet Potato Fries	NO SCHOOL	



Breakfast at Birch Grove Primary School is available daily (including delayed openings) in the cafeteria for students and staff
BREAKFAST IS SERVED FROM 8:30-8:50 - PICK UP IN THE CAFETERIA AND BRING TO YOUR CLASSROOM TO EAT!
BREAKFAST MENU



Students must select at least three out of four food items offered including **one** fruit or fruit juice:

- Milk** ~ Choice of one serving of either skim, low fat white, or nonfat flavored milk.
- Fruit** ~ May take one fruit juice and one fruit **or** two fruits but must select at least one or the other. Choices include 100% fruit juice, fresh, cupped or dried fruit.

TYPICAL CHOICES LISTED BELOW – Not all items available every day

Students may select one or two of the following items, depending on the offerings of the day

- Bread/Grains** ~ Assorted cereal (daily), whole grain bagel, cereal bars, whole grain muffins and breads, breakfast buns, waffles, pancakes or French toast
- Protein Choices** ~ Chicken Sausage, eggs, cheese sticks, yogurt, sunflower or pumpkin seeds

Breakfast is \$1.75 for full paying students, .30 for those qualifying for reduced meals and free for those qualifying for free meals. Students may use their meal account to purchase breakfast.
 Menu subject to change. *This institution is an equal opportunity employer*