


# March 2018 Tolland Intermediate School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chicken BLT Shaker Salad <i>with corn chips</i> or Yogurt Parfait with a soft Pretzel or PB&J Sandwich Available March 1 <sup>st</sup> & 2 <sup>nd</sup>					
<p><b>HELP WANTED</b> <b>Food &amp; Nutrition Services</b></p> <p>Is looking for substitute workers who may be interested in permanent part-time positions. Work only while your students are in school. Please contact Kim Mecteau at 860-870-6853 or <a href="mailto:kmecteau@tolland.k12.ct.us">kmecteau@tolland.k12.ct.us</a></p> <p><b>EOE</b></p>		<p><b>DON'T FORGET Sunday March 11th</b></p> 		<p>1 Early Release</p> <p>Pizza Dippers <i>with marinara sauce</i></p> <p>Asian Chicken with Fried Rice</p> <p>Butternut Squash</p>	<p>2 Early Release</p> <p>Sausage &amp; Pancake with warm blueberry topping</p> <p>Chicken Alfredo Pasta with Cheesy Garlic Breadstick Penne Pasta with diced chicken smothered in creamy alfredo sauce</p> <p>Sweet Italian Peas</p>
Crunchy Chicken Salad <i>with Cheezit crackers</i> or Yogurt and Cereal Plate with String Cheese and goldfish crackers or PB&J Sandwich Available March 5 <sup>th</sup> - 9 <sup>th</sup>					
<p>5</p> <p>Stuffed Crust Pizza</p> <p>Mini Cheese Ravioli with Cheesy Garlic Breadsticks</p> <p>Roasted Cauliflower</p>	<p>6</p> <p>Popcorn Chicken with Soft Roll</p> <p>Cinnamon Ham &amp; Waffle Breakfast Sandwich <i>with vanilla roasted apples</i></p> <p>2-Bean Salad</p>	<p>7</p> <p>Pasta &amp; Meatballs with Cheesy Garlic Breadsticks</p> <p>Grilled Ham &amp; Cheese</p> <p>Broccoli Trees with dressing</p>	<p>8</p> <p>Mini Corn Dog Nuggets <i>with dipping sauce</i></p> <p>French Toast with Sausage</p> <p>Seasoned Carrots</p>	<p>9</p> <p>Chicken Nuggets with a Soft Pretzel</p> <p>Pizza Bento Box <i>Whole grain crust with shredded mozzarella cheese, sliced pepperoni, pizza sauce and fresh pepper strips</i></p> <p>Sweet Kernel Corn "Happy Birthday" Sugar Cookie Treat</p>	
Taco Salad in A Shaker Cup or Bagel, Peanut Butter and Yogurt Plate or PB&J Sandwich Available March 12 <sup>th</sup> - 16 <sup>th</sup>					
<p>12</p> <p>Macaroni &amp; Cheese with a Biscuit</p> <p>Fruited Cream with a Cinnamon Dutch Waffle</p> <p>Steamed Spinach</p>	<p>13</p> <p>Nacho Boat <i>Seasoned beef with salsa, rice, cheese sauce and shredded lettuce</i></p> <p>Pepperoni Pizza</p> <p>Cowboy Caviar</p>	<p>14</p> <p>Pasta &amp; Meatballs with Cheesy Garlic Breadsticks</p> <p>Chicken Teriyaki Dippers with Cilantro Lime Seasoned Rice</p> <p>Celery Sticks</p>	<p>15</p> <p>Mozzarella Sticks With Marinara Sauce</p> <p>Pasta Primavera <i>Penne pasta with creamy Alfredo sauce and assorted, colorful vegetables</i></p> <p>Fresh Baked Sweet Potato <i>with cinnamon spread</i></p>	<p>16</p> <p>Cheeseburger with a side of pickles on a Soft Bun</p> <p>Popcorn Chicken with a Soft Roll</p> <p>Potato Puffs</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.

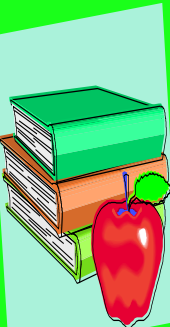
**BLT Turkey Salad with croutons and a dinner roll or Yogurt, String Cheese & Pretzel Plate or PB&J Sandwich**  
**Available March 19<sup>th</sup> - 23<sup>rd</sup>**

19	20	21	22	23 Early Release
Freshly Made White or Red Pizza	Hot Dog on a Bun	Pasta & Meatballs with Cheesy Garlic Breadsticks	Mini Corn Dog Nuggets with honey mustard dipping sauce	Chicken Nuggets with a Soft Pretzel
Grilled Cheese Sandwich	Chicken Pot Pie With a roll	Freshly Made Chili With Tortilla Chips	Turkey Spiral Bento Box <i>Turkey &amp; cheese bites wrapped with fresh greens, corn chips and veggie garnish</i>	Cheese Quesadilla with Corn Salsa & chips
Garlic Parmesan Green Beans	Baked Beans	Steamed Broccoli	Roasted Carrot Fries Jello Treat	Corn Salsa

**Crunchy Chicken Salad with cheez it's crackers or Yogurt Parfait with a soft Pretzel or PB&J Sandwich**  
**Available March 26<sup>th</sup> - 29<sup>th</sup>**

26	27	28	29	30
Scrambled Eggs & Pancakes with warm blueberry sauce	Stuffed Burrito <i>Seasoned beef with rice, cheese and refried beans wrapped in a soft tortilla</i>	Pasta & Meatballs with Cheesy Garlic Breadsticks	Cheeseburger Mac & Cheese	NO SCHOOL
Mini Cheese Ravioli with Cheesy Garlic Breadsticks	Fun Shaped Chicken Nuggets with a Soft Roll	Personal Round Pizza	Asian Chicken with Fried Rice	
Veggie Medley	Anthony's 3-Bean Salad	Broccoli Salad	Lemon Roasted Carrots	

**MARCH IS NATIONAL NUTRITION MONTH**



ABC  
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**WHEN YOU EAT WELL, YOU CAN LEARN WELL.**

