

Tolland High School

MENUS FOR MARCH 2024

This institution is an equal
opportunity provider
and employer.

MEAL PRICES

**BREAKFAST - Free for
ALL STUDENTS**
Served from 6:45-7:15

**LUNCH-\$3.50
DELI LUNCH-\$4.00**
**Free for all students
eligible for free OR
reduced priced meals**

Carrots

have more beta carotene
than any other veggie,
great for eyesight and for
fighting infections.



Monday, March 4

Chicken Patty with Cheese,
Lettuce, Tomato & Side of
Buffalo Ranch

Hot Queso, Salsa &
Tortilla Chips

Buffalo Chicken
or Cheese Pizza

Tuesday, March 5

Spicy Chicken
Patty

Wild Mike's Bites
with Side of Sauce

Deluxe Chicken Sandwich

Wednesday, March 6

Steak & Cheese Panini
with Potato Gems

Popcorn Chicken
with Grain Side

Max Sticks
with Sauce

Thursday, March 7

EARLY RELEASE

French Toast & Sausage Links
with Potato Puffs

Pancake & Sausage
Breakfast Stick with Potato
Puffs

Yogurt Parfait

Friday, March 8

EARLY RELEASE

Egg, Sausage & Cheese Bagel
with Hash Browns

Breakfast Pizza
with Hash Browns

Yogurt Parfait

	AVAILABLE DAILY								
	Assorted Grab & Go Meals Fresh Chicken Salad Breaded Chicken Wraps Yogurt Parfait Meals								
	Build Your Own Salad at the deli on Monday, Thursday, or Friday								
	All Lunches Include: Rainbow Fruit Tray Rainbow Vegetable Tray Students must select at least one fruit or vegetable to make a complete meal								
	Ice Cold Flavored or 1% White Milk								

Friday, March 1

Buffalo Chicken Dip
with Tortilla Chips

Twisted Breadsticks
with Sauce

Bacon or Cheese Pizza

Daylight Saving Time was first proposed
by Benjamin Franklin in 1784, as a way to
save money on candles!

**Spring forward
on
March 10**



Monday, March 11

Chicken Patty with Cheese,
Lettuce, Tomato & Side of
Buffalo Ranch

Hot Queso, Salsa &
Tortilla Chips

Buffalo Chicken
or Cheese Pizza

Tuesday, March 12

Chicken Tenders
with Dipping Sauce
& Grain Side

Wild Mike's Bites
with Side of Sauce

Deluxe Chicken Sandwich

Wednesday, March 13

Beef Taco Baked Potato &
Biscuit with Side of Cheese
and Sour Cream

Corn Dogs with Dipping
Sauce

Max Sticks with Sauce

Thursday, March 14

Pasta & Meat Sauce, Roll &
Parmesan Cheese

Popcorn Chicken
with Grain Side

Pepperoni or
Cheese Pizza

Friday, March 15

Asian Dumpling
with fried rice

Twisted Breadsticks
with sauce

Bacon or Cheese Pizza

Monday, March 18

Chicken Patty with Cheese,
Lettuce, Tomato & Side of
Buffalo Ranch

Hot Queso, Salsa &
Tortilla Chips

Buffalo Chicken
or Cheese Pizza

Tuesday, March 19

Spicy Chicken
Patty

Wild Mike's Bites
with Side of Sauce

Deluxe Chicken Sandwich

Wednesday, March 20

EARLY RELEASE

Fiesta Scramble Burrito
with Hash Browns

Pancake & Sausage
Breakfast Stick with
Hash Browns

Yogurt Parfait

Thursday, March 21

Pasta & Meat Sauce, Roll &
Parmesan Cheese

Chicken Nuggets with
Soft Pretzel

Pepperoni or
Cheese Pizza

Friday, March 22

General Tso's Chicken
with Rice

Twisted Breadsticks
with Sauce

Bacon or
Cheese Pizza

Monday, March 25

Chicken Patty with Cheese,
Lettuce, Tomato & Side of
Buffalo Ranch

Hot Queso, Salsa &
Tortilla Chips

Buffalo Chicken
or Cheese Pizza

Tuesday, March 26

Chicken Tenders
with Dipping Sauce
& Grain Side

Wild Mike's Bites
with Side of Sauce

Deluxe Chicken Sandwich

Wednesday, March 27

Cheeseburger with Special
Sauce & Potato Wedges

Corn Dogs with Dipping
Sauce

Max Sticks with Sauce

Thursday, March 28

Pasta & Meat Sauce, Roll &
Parmesan Cheese

Popcorn Chicken
with Grain Side

Pepperoni or
Cheese Pizza

Friday, March 29



**No
School
Today**

NUTRITION 7060

**Turns out Grandma was right:
chicken soup IS good for a cold!
Chicken soup helps to ease cold
symptoms by breaking up congestion,
keeping you hydrated, and even acting
as an anti-inflammatory. The taste
and aroma can be therapeutic, too!
There's no cure for a cold, but a
piping hot bowl of soup can
at least offer some relief.**

A QUICK BITE FOR PARENTS

