

MARCH

EAST WINDSOR PUBLIC SCHOOLS

AVAILABLE DAILY

Choice of White, Chocolate, Low Fat,
or Skim Milk and Choice of Fruit

ALTERNATE LUNCH CHOICES

Fresh Fruit with Yogurt and Bagel
Chef Salad with a roll
Assorted Grinders
Assorted Sandwiches

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|--|----|--|----|--|----|---|----|--|----|
| Grilled cheese Tomato soup BBQ rib on a roll Choice of fruit | 1 | <u>Italian Delight</u> Mozzarella sticks Marinara sauce Garlic bread stick Tossed salad Choice of fruit BB – Birthday cake | 2 | Deep dish pizza Veggie stix with low fat dip Choice of fruit or Jello HS - French bread pizza | 3 | Tacos Lettuce & salsa Rice Green beans Choice of fruit Chicken fajita tortilla | 4 | French toast sticks Sausage links Hash brown potato Choice of fruit or juice HS - Deli bar | 5 |
| Chicken or cheese Quesadilla Nachos & cheese Corn Choice of fruit BB – Hotdog on a roll | 8 | Chicken tenders Mashed potatoes with gravy Glazed carrots Bread & butter Choice of fruit | 9 | Bagel pizza Tossed salad Assorted dressings Choice of fruit or Jello HS – French bread pizza | 10 | Ziti with meat sauce Garlic bread sticks Green beans Choice of fruit | 11 | Corn dog nuggets Potato puffs Pickle chips Choice of fruit Fish sticks HS – Deli bar | 12 |
| Chicken patty on a roll Lettuce and tomato Macaroni & cheese Choice of fruit Hotdog on a roll | 15 | Orange glazed chicken Rice Broccoli cuts Fortune cookies Choice of fruit | 16 | Pizza - Plain or Pepperoni Tossed salad Assorted dressings Choice of fruit or Jello HS - French bread pizza | 17 | Hot meatball grinder Onion rings Green beans Choice of fruit BB – Hot pockets | 18 | Chicken fryz Soft pretzel Carrots with low fat dip Choice of fruit or juice HS – Deli bar | 19 |
| Baked potato bar Broccoli with cheese Chili with meat sauce Dinner roll Choice of fruit Hot dog on a roll | 22 | Chicken nuggets Buttered noodles Glazed carrots Cornbread Choice of fruits | 23 | Stuffed crust pizza Tossed salad Assorted dressings Choice of fruit or Jello HS – French bread pizza | 24 | Teriyaki tenders Rice Green beans Bread & butter Choice of fruit or Jello | 25 | Cheeseburger or hamburger on a roll French fries Choice of fruit Fish on a roll HS - Deli bar | 26 |
| Grilled cheese Tomato soup Hotdog on a roll Choice of fruit | 29 | Breaded oven baked chicken Mashed potatoes with gravy Glazed carrots Choice of fruit Spicy tenders BB – Popcorn chicken | 30 | Pizza - Plain or Pepperoni Tossed salad Assorted dressings Choice of fruit or Jello HS - French bread pizza | 31 | | | | |