






MARCH

2018

SOUTH SENECA MIDDLE/HIGH

BREAKFAST & LUNCH MENU

<p>Breakfast and Lunch Free for all students Pre-K - 12th Grade</p> <p>All meals require at least one fruit or vegetable choice</p>	<p><u>Breakfast menu:</u></p> <p>Monday: pizza bagel Tuesday: french toast sticks Wednesday: egg McFalcon Thursday: pizza bagel Friday: breakfast on a stick</p>	<p><u>Garden Vegetable Bar</u></p> <p>Tomatoes, onions, pickles, broccoli, green peppers, red peppers, celery, baby carrots, spinach, garbanzo beans, banana peppers, black olives, pickled beets.</p>	<p><u>Daily choices:</u></p> <ul style="list-style-type: none"> Cheese pizza Chicken patty on roll Yogurt meal combo Sandwich, wrap or sub made to order Chef Salad <p>TACO THURSDAY'S</p>	<p><u>All meals include</u></p> <p>New York State produced Low fat or fat free milk</p> <p>100% fruit juice Fresh fruit Fruit cup</p> <p>Garden vegetable bar</p>
<p>South Seneca is an equal opportunity employer and provider</p>			<p>1</p> <p>Taco in a bag Brown rice Refried beans Corn Salsa Sour cream</p>	<p>2</p> <p>Choice of pizza Or fish on bun Tossed Salad Green beans</p>
<p>5</p> <p>Hot dog on roll Or Corn dog Baked potato wedges Broccoli</p>	<p>6</p> <p>Spaghetti & meatballs Garlic bread Green beans</p>	<p>7</p> <p>Grilled cheese sandwich Tomato soup Crackers Baby carrots</p>	<p>8</p> <p>Tacos with toppings Hard or soft shell Brown rice Refried beans Corn Salsa Sour cream</p>	<p>9</p> <p>Cheese calzone Dipping sauce Tossed Salad Carrots</p>
<p>12</p> <p>Buffalo chicken patty on roll Baked French fries Spinach</p>	<p>13</p> <p>French toast sticks Sausage links Hash brown potato Cinnamon apples</p>	<p>14</p> <p>Popcorn chicken Mashed potatoes and gravy Peas Dinner roll</p>	<p>15</p> <p>Taco in a bag Brown rice Refried beans Corn Salsa Sour cream</p>	<p>16</p> <p>Chicken wing pizza Or fish on bun Tossed salad Mixed vegetables</p>
<p>19</p> <p>Cheeseburger on bun Baked potato rounds Broccoli</p>	<p>20</p> <p>Macaroni & cheese Garlic bread Peas</p>	<p>21</p> <p>Chicken nuggets Mashed potatoes and gravy Carrots Dinner roll</p>	<p>22</p> <p>Tacos with toppings Hard or soft shell Brown rice Refried beans Corn Salsa Sour cream</p>	<p>23</p> <p>Garlic pizza or Fish on bun Tossed salad Cauliflower</p>
<p>26</p> 	<p>27</p> 	<p>28</p> 	<p>29</p> 	<p>30</p> 

Monday: breakfast pizza

Tuesday: French toast stix

Wed: Egg McFalcon

Thursday: Breakfast pizza

Friday: Breakfast on a stick

