

## Broadalbin-Perth School District March 2019 Cafe Menu

**MILK VARIETY OFFERED DAILY: 1% LOW FAT, SKIM CHOCOLATE, STRAWBERRY**

### Daily Breakfast Entree

<p style="text-align: center;"><b><u>Monday</u></b>  <b>French toast sticks (35g)</b>  <i>Syrup- 51g *per ¼ cup</i>  <b>Apple juice (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p style="text-align: center;"><b><u>Tuesday</u></b>  <b>Assorted Cold Cereal (14-24g) and WW Goldfish (15g)</b>  <b>Fresh Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p style="text-align: center;"><b><u>Wednesday</u></b>  <b>Egg and cheese muffin(35gr)</b>  <b>Orange Juice (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b>  <b>Juice (15g)</b></p>	<p style="text-align: center;"><b><u>Thursday</u></b>  <b>Assorted Cold Cereal (14-24g) and WW Goldfish (15g)</b>  <b>Fresh Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>	<p style="text-align: center;"><b><u>Friday</u></b>  <b>Mini maple flavored waffles (38g)</b>  <i>Syrup- 51g *per ¼ cup</i>  <b>Mix Fruit (15g) or Raisins (34g)</b>  <b>Milk (white-12g or chocolate- 24g)</b></p>
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### Daily Lunch Entree

**Alternate Lunch Mon-Fri: Turkey and Cheese Sandwich (25g) or PB&J (45g)**

				<p style="text-align: center;">1  <b>Cheese Pizza (35g)</b>                  Broccoli (15g)                  Fresh Fruit or Assorted fruit(15g)                  Milk (white-12g or chocolate- 24g)</p>
<p style="text-align: center;">4  <b>Chicken Nuggets (13g)</b>                  Rice (30g)                  Green beans (5g)                  Fresh Fruit (15g) or Applesauce (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">5  <b>Pasta w/ Meat Sauce (45g)</b>                  Black Beans (15g)                  Fresh Fruit or Peaches (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">6  <b>Breakfast for lunch</b>  <b>French toast sticks (35g)</b>                  Turkey Sausage                  Hashbrown (15g)                  Peas (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">7  <b>Chicken wrap w/ Lettuce/Tomato (20g)</b>                  Pears (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">8  <b>Cheese Pizza (35g)</b>                  Broccoli (15g)                  Fresh Fruit or Assorted fruit(15g)                  Milk (white-12g or chocolate- 24g)</p>
<p style="text-align: center;">11  <b>Chicken Patty or (Parm) on Bun (20g)</b>                  Corn (15g)                  Fresh Fruit (15g) or Applesauce (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">12  <b>Meatball sub (26g)</b>                  Broccoli (5g)                  Fresh Fruit or Peas (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p>13                  No school</p>	<p style="text-align: center;">14  <b>Taco Thursday(20g)</b>                  Vegetarian Beans(15g)                  Fresh Fruit or Peaches (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">15  <b>Cheese Pizza (35g)</b>                  Broccoli (15g)                  Fresh Fruit or Assorted fruit(15g)                  Milk (white-12g or chocolate- 24g)</p>
<p style="text-align: center;">18  <b>Chicken Nuggets (13g)</b>                  Rice (30g)                  Broccoli (15g)                  Fresh Fruit (15g) or Applesauce (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">19  <b>Cheeseburger</b>                  Fries (20g)                  Fresh Fruit or Mandarin Oranges (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">20  <b>Fish Sticks</b>                  Carrots (20g)                  Peaches(15g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">21  <b>All Beef Hot Dog (27g)</b>                  Corn (20g)                  Applesauce (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">22  <b>Cheese Pizza (35g)</b>                  Broccoli (15g)                  Fresh Fruit or Assorted fruit(15g)                  Milk (white-12g or chocolate- 24g)</p>
<p style="text-align: center;">25  <b>Chicken Patty or (Parm) on Bun (20g)</b>                  Corn (15g)                  Fresh Fruit (15g) or Applesauce (22g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">26  <b>Turkey w/Gravy</b>                  Mashed Potato (30g) w/ Gravy, Corn (15g)                  Fresh fruit / Peaches (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">27  <b>Mozzarella sticks</b>                  Broccoli (15g)                  Fresh apple or Strawberries                  Milk (white-12g or chocolate-</p>	<p style="text-align: center;">28  <b>Nacho Supreme (20g)</b>                  Vegetarian Beans (15g)                  Peaches (15g)                  Milk (white-12g or chocolate- 24g)</p>	<p style="text-align: center;">29  <b>Cheese Pizza (35g)</b>                  Broccoli (15g)                  Fresh Fruit or Assorted fruit(15g)                  Milk (white-12g or chocolate- 24g)</p>

Available Daily: Carrot sticks, Peanut Butter & Jelly. A full student lunch includes a choice of entree supplying protein and grain, 1 cup vegetable, 1 Cup of Fruit and milk choice.

\*\*\*MENU SUBJECT TO CHANGE\*\*\*