

Broadalbin-Perth School District March 2020 TLC-IS/MS Cafe Menu

MILK VARIETY OFFERED DAILY: 1% Low Fat, Skim Chocolate, Strawberry

Daily Breakfast Entree

<p>Monday WG Bagel Apple juice (15g) or Raisins (34g) Milk (white-12g or chocolate- 24g) Juice (15g)</p>	<p>Tuesday Assorted Cold Cereal (14-24g) and WW Goldfish (15g) Fresh Fruit (15g) or Raisins (34g) Milk (white-12g or chocolate- 24g)</p>	<p>Wednesday French Toast stick (10g) Graham Cracker (15g) Orange Juice (15g) or Raisins (34g) Milk (white-12g or chocolate- 24g)</p>	<p>Thursday Assorted Cold Cereal (14-24g) and WW Goldfish (15g) Fresh Fruit (15g) or Raisins (34g) Milk (white-12g or chocolate- 24g)</p>	<p>Friday Mini maple flavored waffle (38g) Syrup- 51g *per ¼ cup Mix Fruit (15g) or Raisins (34g) Milk (white-12g or chocolate- 24g)</p>
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Daily Lunch Entree

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

<p>2 Chicken Nuggets(13g) Rice (30g) Corn (15g) Fresh Fruit (15g) or Applesauce (22g) Milk</p>	<p>3 Pasta w/Meat sauce(45g) Corn (5g) Fresh Fruit or Pears(15g) Milk (white-12g or chocolate- 24g)</p>	<p>4 Breakfast for lunch French toast stick (35g) Turkey Sausage Hashbrown (15g) Peaches (15g) Milk</p>	<p>5 Chicken wrap w/ Lettuce/Tomato (20g) Fresh Fruit (15g) or Applesauce (22g) Milk</p>	<p>6 Cheese Pizza (35g) Romaine Salad (15g) Fresh Fruit or Mandarin Oranges (15g) Milk</p>
<p>9 Chicken Patty or (Parm) on Bun (20g) Broccoli (15g) Fresh Fruit (15g) or Applesauce (22g) Milk</p>	<p>10 Turkey w/ Gravy Mashed Potatoes / Peas Fresh Fruit or Mixed Fruit Milk</p>	<p>11 All Beef Hot Dog (27g) Baked Beans (20g) Applesauce (22g) Milk (white-12g or chocolate- 24g)</p>	<p>12 Fish Sticks Corn (20g) Peaches(15g) Milk (white-12g or chocolate- 24g)</p>	<p>13 Cheese Pizza (35g) Romaine salad (15g) Fresh Fruit or Mandarin Oranges (15g) Milk</p>
<p>16 Chicken Nuggets(13g) Rice (30g) Corn (15g) Fresh Fruit (15g) or Applesauce (22g) Milk</p>	<p>17 Nacho Supreme(15g) Vegetarian beans Mixed Fruit Milk (white-12g or chocolate- 24g)</p>	<p>18 Cheeseburger Fries (20g) . Fresh Fruit (15g) Milk (white-12g or chocolate- 24g)</p>	<p>19 Cheese Pizza (35g) Romaine Salad (15g) Fresh Fruit or Mandarin Oranges(15g) Milk</p>	<p>20 No school</p>
<p>23 Chicken Patty or (Parm) on Bun (20g) Corn (15g) Fresh Fruit (15g) or Applesauce (22g) Milk</p>	<p>24 Ham and Cheese bagel Chicken soup Carrot (15g) Mixed Fruit (15g) Milk (white-12g or chocolate- 24g)</p>	<p>25 Meatball sub (26g) Carrots (5g) Fresh Fruit or Pears (15g) Milk</p>	<p>26 Mozzarella Sticks (25) Corn (15gr) Peaches Milk (white-12g or chocolate- 24g)</p>	<p>27 Cheese Pizza (35g) Romaine Salad (15g) Fresh Fruit or Mandarin Oranges(15g) Milk</p>
<p>30 Chicken Patty or (Parm) on Bun (20g) Corn (15g) Fresh Fruit (15g) or Applesauce (22g) Milk</p>	<p>31 Beef Taco (15g) Black Beans Mixed fruit (22g) Milk (white-12g or chocolate- 24g)</p>			

Available Daily: 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