



MARCH 2017

PINE TREE, NORTH MAIN, CENTRAL VALLEY ELEMENTARY SCHOOL BREAKFAST AND LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Get in touch with us today to learn more about free and reduced price meals in our district! (845) 460-6110 or foodforthought@mw.k12.ny.us</i></p>		<p>1 BREAKFAST Whole Grain Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Open Face Turkey Sandwich Steamed Green Beans Tossed Salad Chilled Fruit Choices Cold Milk Choices Alt: Fish Nuggets or Beef Hot Dog</p>	<p>2 BREAKFAST Scrambled Eggs Toast Chilled and Fresh Fruit 100% Fruit Juice Cold Milk Choices</p> <p>LUNCH Breakfast for Lunch! Whole Grain Waffles Canadian Style Bacon Hash Brown Patty Sliced Strawberries 100% Fruit Juice Cold Milk Choices</p>	<p>3 BREAKFAST Fruit and Yogurt Parfait Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Fresh Made Pizza Bean Salad Tossed Salad Chilled Fruit Choices Cold Milk Choices</p>
<p>6 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Golden Chicken Nuggets Buttered Noodles Seasoned Green Beans Tossed Salad Cinnamon Applesauce Cold Milk Choices Alt: Hot Dog</p>	<p>7 BREAKFAST French Toast Sticks Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Cheese Lasagna Dinner Roll Sautéed Kale with Garlic Tossed Salad Diced Peaches Cold Milk Choices</p>	<p>8 BREAKFAST Breakfast Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Soft or Hard Shell Taco* Steamed Rice Refried Beans Salsa Lettuce & Tomatoes Chilled Pineapples Cold Milk Choices</p>	<p>9 BREAKFAST Cheese Omelet Wrap Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Grilled Cheese or Grilled Ham & Cheese S/w Potato Wedges Tossed Salad Fresh Cut Melon Cold Milk Choices</p>	<p>10 BREAKFAST Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Personal Pan Pizza Chick Pea Salad Baby Carrots W/ Dip Tossed Salad Sliced Pears Cold Milk Choices</p>

AVAILABLE DAILY

Breakfast
Cold Cereal Choices, Chilled Juice or Cold Milk Choices, Fresh Fruit, Assorted Fruited 4 oz. Yogurt, Bagel Alternate

Breakfast consists of 8 oz. fluid milk, fresh or canned fruit, vegetable or juice, grain or alternate, meat or alternate or both.

In the event of a two hour delay, breakfast will not be served.

Lunch: Fresh Fruit & Salad Bar, Baby Carrots
Sandwiches: Cheese, Turkey & Cheese, Peanut Butter & Jelly, Tuna, Hummus, Sun Butter

All meals consist of 8 oz. low-fat or skim milk, one cup salad, vegetable and/or fresh or canned fruits & whole grain bread, whole grain rice and pasta.

ALTERNATES:
Mon, Weds, Fri: Hot Dog
Tues: All White Meat Chicken Nuggets
Thurs: Hamburger, Cheeseburger or Veggie Burger

USDA is an equal opportunity provider and employer.
Menus are subject to change.
*May contain pork.

DAILY ELEMENTARY STUDENT MEAL PRICES:

BREAKFAST: \$ 1.75
LUNCH: \$ 2.75

TO PAY BY CHECK: PLEASE ISSUE TO M-W FOOD SERVICES.

TO PAY BY CREDIT CARD: USE WWW.PAYPAMS.COM
To view your child's account history and set up low cash notifications, please set up a **free** PAYPAMS account at **www.paypams.com** or download the app for your cell phone.



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BREAKFAST AND LUNCH MENU**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>13 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Popcorn Chicken Smackers Mashed Potatoes Steamed Corn Tossed Salad Mixed Fruit Cold Milk Choices</p>	<p>14 BREAKFAST Mini Waffles Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Cheese Stuffed Shells Garlic Bread Roasted Broccoli Tossed Salad Diced Pears Cold Milk Choices</p>	<p>15 BREAKFAST Pull Apart Cinnamon Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Chicken Patty on a Bun Potato Smiles Bean Salad Tossed Salad Mandarin Oranges Cold Milk Choices</p>	<p>16 BREAKFAST Ham and Egg on a Whole Grain Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH French Toast Sticks Canadian Style Bacon Sweet Potato Bites Applesauce Cup 100% Fruit Juice Cold Milk Choices</p>	<p>17 BREAKFAST Fruit and Yogurt Parfait Corn Bread Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Fresh Made Pizza Fresh Veggies W/ Dip Tossed Salad Tropical Fruit Salad Cold Milk Choices</p>
<p>20 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Golden Chicken Nuggets Buttermilk Biscuit Steamed Corn Tossed Salad Peach Cup Cold Milk Choices</p>	<p>21 BREAKFAST WG Pancakes Side of Ham Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Spaghetti with Plain or Meat Sauce Italian Vegetables Tossed Salad Sherbet Cup Cold Milk Choices</p>	<p>22 BREAKFAST Fresh Baked Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Top Your Own Hot Dog or Hamburger! Ultimate Fries Kale Salad Sliced Pears Cold Milk Choices</p>	<p>23 BREAKFAST Sausage* and Egg on a Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Mozzarella Sticks with Side of Sauce Dinner Roll Bean Salad Tossed Salad Mandarin Oranges Cold Milk Choices</p>	<p>24 BREAKFAST Fruit and Yogurt Smoothie Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Pizzeria Style Pizza Baby Carrots W/ Dip Tossed Salad Sliced Apricots Cold Milk Choices</p>
<p>27 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Chicken Tenders Rice and Gravy Glazed Carrots Tossed Salad Diced Pears Cold Milk Choices</p>	<p>28 BREAKFAST Mini Pancakes with Syrup Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Cheese Ravioli Garlic Bread Sautéed Spinach Tossed Salad Sliced Peaches Cold Milk Choices</p>	<p>29 BREAKFAST Whole Grain Cinnamon Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Tacos* Gone Loco! Refried Beans Salsa Yellow Corn Lettuce & Tomato Pineapple Chunks Cold Milk Choices</p>	<p>30 BREAKFAST Breakfast Pizza Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Waffles or Pancakes Sausage * Links Tator Tots Strawberry Cup 100% Fruit Juice Cold Milk Choices</p>	<p>31 BREAKFAST Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Fresh Made Pizza Baby Carrots With Dip Tossed Salad Seedless Grapes Cold Milk Choices</p>

Questions about your child's account?

Please call your child's cafeteria at (845) 460-6200
PT: x6941
NM: x6841
CV: x6741
SC: x6341
SE: x6541

Don't Forget!

Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete meal!

LOOKING FOR WORK WHILE YOUR CHILD IS IN SCHOOL?

Substitute Food Service Positions are Available!
Please contact Food Services at (845) 460-6110

Please view www.mw.k12.ny.us to view the Food Service Link

Thank you for dining with Monroe-Woodbury Food Services!