



# MARCH 2017

## MONROE-WOODBURY SENIOR HIGH 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 food-forthought@mw.k12.ny.us</i></p>		<p><b>1</b> <b>BREAKFAST</b> Fresh Whole Grain Baked Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p><b>LUNCH</b> Mozzarella Sticks with Side of Sauce Caesar Salad Tossed Salad Mixed Fruit Cold Milk Choices Alt: Fish on a Bun</p>	<p><b>2</b> <b>BREAKFAST</b> Egg and Cheese on a Whole Grain English Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p><b>LUNCH</b> Roast Turkey Dinner Roll Mashed Potatoes Green Beans Tossed Salad Peach Cup Cold Milk Choices</p>	<p><b>3</b> <b>BREAKFAST</b> Fruit and Yogurt Parfait Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p><b>LUNCH</b> Ravioli Parmigiana Cucumber Salad Chickpea Salad Tossed Salad Seedless Grapes Cold Milk Choices</p>
<p><b>6</b> <b>BREAKFAST</b> Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p><b>LUNCH</b> Ham or Turkey and Cheese Croissant or French Bread Pizza Carrots Lyonnaise Tossed Salad Fruit filled Crepe Cold Milk Choices</p>	<p><b>7</b> <b>BREAKFAST</b> Sausage* and Egg on a Whole Grain Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p><b>LUNCH</b> Create your own Fajita Wrap Spanish Rice Black Beans Mexicali Corn Tossed Salad Plantains Cold Milk Choices</p>	<p><b>8</b> <b>BREAKFAST</b> Breakfast Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p><b>LUNCH</b> Asian Style Chicken over Rice Vegetable Egg Roll Broccoli with Soy Sauce Tossed Salad Mandarin Oranges Cold Milk Choices</p>	<p><b>9</b> <b>BREAKFAST</b> Mini Pancakes Chilled and Fresh Fruit Cold Milk Choices</p> <p><b>LUNCH</b> Baked Ziti Garlic Breadstick Chickpea Salad Italian Vegetables Tossed Salad Fruit Juice Bar Cold Milk Choices</p>	<p><b>10</b> <b>BREAKFAST</b> Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices</p> <p><b>LUNCH</b> Chicken Gyro with Cucumber Dressing Couscous Mediterranean Style Vegetables Tossed Salad Sliced Apricots Alt: Fish Sandwich Chilled 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, Pizza, Baby Carrots, All Beef Hamburgers, Deli or Salad Bar**

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.

**Enjoy our Specialty Food Bar!**

**Monday:** Breakfast for Lunch!

**Tuesday:** Wrap it Up!

**Wednesday:** Burger Bar!

**Thursday:** Breakfast for Lunch!

**Friday:** Chicken Favorites!

USDA is an equal opportunity provider and employer.

Menus are subject to change.

\*May contain pork.

**DAILY HIGH SCHOOL STUDENT MEAL PRICES:**

**BREAKFAST: \$ 2.00**

**LUNCH: \$ 3.00**

**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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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>13</b> <b>BREAKFAST</b></p> <p>Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Chicken Nuggets Buttermilk Biscuit Smile Fries Glazed Carrots Tossed Salad Box of Raisins Cold Milk Choices</p>	<p style="text-align: center;"><b>14</b> <b>BREAKFAST</b></p> <p>Mini Waffles Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Meatball Parmesan Hero Roasted Broccoli Cucumber Salad Tossed Salad Sherbet Cup Cold Milk Choices</p>	<p style="text-align: center;"><b>15</b> <b>BREAKFAST</b></p> <p>Pull Apart Cinnamon Bun Chilled and Fresh Fruit Cold Milk Choices</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>Lunch will not be served</b></p>	<p style="text-align: center;"><b>16</b> <b>BREAKFAST</b></p> <p>Ham and Egg on a Whole Grain Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Chicken Patty on a Bun Potato Wedges Tossed Salad Diced Pears Cold Milk Choices</p>	<p style="text-align: center;"><b>17</b> <b>BREAKFAST</b></p> <p>Fruit and Yogurt Parfait Corn Bread Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>French Toast Sticks Canadian Bacon Sweet Potato Tots Applesauce 100% Fruit Juice Cold Milk Choices Alt: Corned Beef Dinner</p>
<p style="text-align: center;"><b>20</b> <b>BREAKFAST</b></p> <p>Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Popcorn Smackers Chicken Bowl Mashed Potatoes Corn Niblets Tossed Salad Fruit Juice Bar</p>	<p style="text-align: center;"><b>21</b> <b>BREAKFAST</b></p> <p>Egg and Cheese on a Whole Grain Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Taco* Boat with Nachos Salsa Lettuce &amp; Tomatoes Refried Beans Diced Peaches Cold Milk Choices</p>	<p style="text-align: center;"><b>22</b> <b>BREAKFAST</b></p> <p>Fresh Baked Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Breaded or Roasted Chicken Pasta Salad Cucumber Salad Tossed Salad Tropical Fruit Salad Cold Milk Choices</p>	<p style="text-align: center;"><b>23</b> <b>BREAKFAST</b></p> <p>Sausage* and Egg on a Roll Chilled and Fresh Fruit Cold Milk Choices</p> <div style="text-align: center;">  </div> <p style="text-align: center;"><b>Lunch will not be served</b></p>	<p style="text-align: center;"><b>24</b> <b>BREAKFAST</b></p> <p>Fruit and Yogurt Smoothie Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Cheese Lasagna Garlic Breadstick Sautéed Spinach Tossed Salad Applesauce Cold Milk Choices</p>
<p style="text-align: center;"><b>27</b> <b>BREAKFAST</b></p> <p>Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Grilled or Crispy Chicken Club or Cheese BLT S/W Seasoned Potato Wedges Sautéed String Beans Tossed Salad Peach Cup Cold Milk Choices</p>	<p style="text-align: center;"><b>28</b> <b>BREAKFAST</b></p> <p>Canadian Bacon &amp; Egg on an English Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Mozzarella Sticks Side of Sauce Caesar Salad Tossed Salad Mixed Fruit Cold Milk Choices</p>	<p style="text-align: center;"><b>29</b> <b>BREAKFAST</b></p> <p>Whole Grain Cinnamon Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Waffles or Pancakes Breakfast Sausage* Sweet Potato Sticks 100% Fruit Juice Cinnamon Applesauce Cold Milk Choices</p>	<p style="text-align: center;"><b>30</b> <b>BREAKFAST</b></p> <p>Cheese Omelet Wrap Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Plain and Spicy Chicken Tenders Smile Fries Tossed Salad Pineapple Chunks Cold Milk Choices</p>	<p style="text-align: center;"><b>31</b> <b>BREAKFAST</b></p> <p>Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;"><b>LUNCH</b></p> <p>Penne with Plain or Meat Sauce Garlic Bread Chickpea Salad Cucumber Salad Sliced Melon Cold Milk Choices</p>

### Questions about your child's account?

Please call your child's cafeteria at (845) 460-6200  
 HS: x7041  
 MS: x6441  
 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](http://www.mw.k12.ny.us) to view the Food Service Link

**Thank you for dining with Monroe-Woodbury Food Services!!**