



MARCH 2017 MONROE-WOODBURY MIDDLE 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>1 BREAKFAST Fresh Whole Grain Baked Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Mozzarella Sticks with Side of Sauce Caesar Salad Tossed Salad Seedless Grapes Cold Milk Choices Alt: Fish on a Bun</p>	<p>2 BREAKFAST Scrambled Eggs Toast Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Taco Boat with Nachos Refried Beans Yellow Corn Tossed Salad Diced Pears Cold Milk Choices</p>	<p>3 BREAKFAST Fruit and Yogurt Smoothie Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Ravioli Parmigiana Cucumber Salad Chickpea Salad Tossed Salad Mixed Fruit Cold Milk Choices</p>
		<p>6 BREAKFAST Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Ham or Turkey and Cheese Croissant or French Bread Pizza Carrots Lyonnaise Tossed Salad Fruit filled Crepe Cold Milk Choices</p>	<p>7 BREAKFAST French Toast Sticks Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Create Your Own Fajita Wrap! Spanish Rice Black Beans Mexicali Corn Tossed Salad Plantains Cold Milk Choices</p>	<p>8 BREAKFAST Breakfast Bun Chilled and Fresh Fruit Cold Milk Choices</p> <p>LUNCH Asian Style Chicken over Rice Vegetable Egg Roll Broccoli with Soy Sauce Tossed Salad Mandarin Oranges 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, Pizza, Baby Carrots, All Beef Hamburgers, Dr. Praeger Veggie Burger, Deli or Salad Bar

Try our NEW Fruit Smoothies!!

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.

DAILY MIDDLE 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.



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



MARCH 2017

MONROE-WOODBURY MIDDLE SCHOOL BREAKFAST AND LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">13 BREAKFAST</p> <p>Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Chicken Nuggets Buttermilk Biscuit Smile Fries Glazed Carrots Tossed Salad Box of Raisins Cold Milk Choices</p>	<p style="text-align: center;">14 BREAKFAST</p> <p>Mini Waffles Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Meatball Parmesan Hero Roasted Broccoli Cucumber Salad Tossed Salad Sherbet Cup Cold Milk Choices</p>	<p style="text-align: center;">15 BREAKFAST</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;">Lunch will not be served</p>	<p style="text-align: center;">16 BREAKFAST</p> <p>Ham and Egg on a Whole Grain Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Chicken Patty on a Bun Potato Wedges Tossed Salad Diced Pears Cold Milk Choices</p>	<p style="text-align: center;">17 BREAKFAST</p> <p>Fruit and Yogurt Parfait Corn Bread Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</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;">20 BREAKFAST</p> <p>Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Popcorn Smackers Chicken Bowl Mashed Potatoes Corn Niblets Tossed Salad Fruit Juice Bar</p>	<p style="text-align: center;">21 BREAKFAST</p> <p>WG Pancakes Side of Ham Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Crusader Breakfast Wrap Roasted Red Potatoes Black Bean Salad Peach Crisp Cold Milk Choices</p>	<p style="text-align: center;">22 BREAKFAST</p> <p>Fresh Baked Muffin Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Breaded or Roasted Chicken Pasta Salad Cucumber Salad Tossed Salad Tropical Fruit Salad Cold Milk Choices</p>	<p style="text-align: center;">23 BREAKFAST</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;">Lunch will not be served</p>	<p style="text-align: center;">24 BREAKFAST</p> <p>Fruit and Yogurt Smoothie Granola Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Cheese Lasagna Garlic Breadstick Sautéed Spinach Tossed Salad Applesauce Cold Milk Choices</p>
<p style="text-align: center;">27 BREAKFAST</p> <p>Assorted Whole Grain Bagels or Hard Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</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;">28 BREAKFAST</p> <p>Mini Pancakes with Syrup Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Mozzarella Sticks Side of Sauce Caesar Salad Tossed Salad Mixed Fruit Cold Milk Choices</p>	<p style="text-align: center;">29 BREAKFAST</p> <p>Whole Grain Cinnamon Roll Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Waffles or Pancakes Breakfast Sausage* Sweet Potato Sticks 100% Fruit Juice Cinnamon Applesauce Cold Milk Choices</p>	<p style="text-align: center;">30 BREAKFAST</p> <p>Breakfast Pizza Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Plain and Spicy Chicken Tenders Smile Fries Tossed Salad Pineapple Chunks Cold Milk Choices</p>	<p style="text-align: center;">31 BREAKFAST</p> <p>Fruit and Yogurt Parfait Graham Crackers Chilled and Fresh Fruit Cold Milk Choices</p> <p style="text-align: center;">LUNCH</p> <p>Penne with 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 to view the Food Service Link

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