

## Chartwells School Dining Services Longmeadow Elementary Lunch Menu March

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>French Toast Sticks</b> Maple Syrup Sausage Home Fries Applesauce	2 <b>Chicken Patty Sandwich</b> Lettuce & Tomato Tater Tots Steamed Carrots Fresh Fruit	3 <b>Grilled Cheese Sandwich</b> Chicken Noodle Soup Goldfish Crackers Carrot Sticks Warm Cinnamon Apples	4 <b>Balanced Choices Meal</b> <b>Spaghetti</b> w/ homemade meat sauce Wheat Dinner Roll Green Beans Crisp Green Garden Salad Fresh Fruit	5 <b>Cheese or Pepperoni Pizza*</b> Tossed Salad Oven Fries Chilled Mixed Fruit Choice of Milk
8 <b>Beef &amp; Cheese Taco</b> Lettuce & Tomato Shredded Cheese Rice Sweet Corn Chilled Fruit	9 <b>Balanced Choices Meal: Macaroni &amp; Cheese</b> Made w/ Barilla Plus Pasta Seasoned Green Beans Fresh Orange Smiles	10 <b>Breakfast for Lunch</b> Scrambled Eggs Pancake Maple Syrup Sausage Chilled Fruit	11 <b>Balanced Choices Meal</b> <b>White Meat Chicken Nuggets</b> Dipping Sauce Mashed Potato & Gravy Seasoned Green Beans Fresh Fruit	12 <b>Cheese or Pepperoni Pizza*</b> Tossed Salad Oven Fries Chilled Fruit Choice of Milk
15 <b>Cheeseburger Sliders</b> on mini rolls Seasoned Sweet Peas Oven Fries Fresh	16 <b>Pasta w/ Meat Sauce</b> Italian seasoned lean ground beef, tomatoes, and enriched pasta With crispy garlic toast Fresh Steamed Broccoli Chilled Mandarin Oranges	17 <b>All Beef Hot Dog w/ bun</b> Baked Beans Baked Chips Baby Carrots w/ Dip	18 <b>Popcorn Chicken</b> <b>Dipping Sauces</b> Potato Wedges Steamed Carrots Cucumber Sticks w/ Ranch Dressing	19 <b>Cheese or Pepperoni Pizza*</b> Tossed Salad w/ Vinegar & Oil Dressing Chilled Applesauce Choice of Milk
22 <b>Crispy Chicken Wrap</b> Lettuce & Tomato Green Beans Chilled Apricots	23 <b>Turkey &amp; Gravy</b> Cranberry Sauce Mashed Potato Sweet Corn Dinner Roll Chilled Peaches	24 <b>Balanced Choices Meal: Barilla PLUS Spaghetti</b> w/ <b>Saucy Italian Meatballs</b> Fresh Italian Bread Tossed Salad Chilled Mandarin Oranges	25 <b>Waffle Sticks</b> <b>Sausage Links</b> Baked Home fries Strawberry Topping Maple Syrup Fresh Fruit	26 <b>Balanced Choices Meal</b> <b>Chicken Patty Sandwich</b> Lettuce & Tomato Baked Potato Wedges Chilled Mixed Fruit Celery Sticks w/ Ranch Dressing
29 <b>Grilled Cheese Sandwich</b> Vegetable Soup Goldfish Crackers Carrot Sticks Chilled Pears	30 <b>Baked Chicken Tenders</b> Rice Steamed Mixed Vegetable Chilled Applesauce	31 <b>Breakfast For Lunch</b> Egg Sandwich on English Muffin with Turkey Sausage and Cheese Crisp Hash Brown Fruited Yogurt Raisins	<b>Alternate Lunches</b> <b>Daily: Bagel w/ Cream Cheese and Yogurt*</b> <b>Offered w/ Fresh Baby Carrots, Raisins, and Milk</b>	



\*This menu item is made with whole grain.

Daily Milk Choices Include: Skim White, Low Fat White, Low Fat Chocolate

**Menu Questions or Comments? Please contact Heidi Gregoire FSD, 565-4230**

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