

SAINT CLAIR AREA ELEMENTARY/ MIDDLE SCHOOL

Please make checks payable to: St. Clair Cafeteria Fund

(Menu subject to change without notice)

EAT HEALTHY - BE HEALTHY

LUNCH MENU March 2019

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|---|--|--|
| BE SURE TO INCLUDE AT LEAST | 25-Feb Cereal & Toast Chicken Taco Wrap Shred Cheese Brown Rice Steamed Broccoli Choice of Fruit | 26-Feb Waffles w/ Syrup Grilled Ham & Cheese Cream of Tomato Soup Sun Chips, Peas Choice of Fruit | 27-Feb Assorted Muffin & Yogurt French Toast Sticks Home Fries Sausage Links Steamed Carrots Choice of Fruit | 28-Feb Pancakes w/ Syrup BBQ Sloppy Joe WG Roll Green Beans Baby Cake Potatoes Choice of Fruit | 1-Mar Jumpstarts in Homeroom Cheesy Breadsticks Sauce Romaine & Tomato Salad Kidney Beans Choice of Fruit |
| | 3, 4 OR ALL COMPONENTS DAILY | 4-Mar Cereal & Toast Chicken Fingers / Buffalo Wrap, Lettuce & Tomato Steamed Corn Choice of Fruit | 5-Mar Dutch Waffle Pizza Burger on WG Roll Crispy Baked Fun Fries Baked Beans Choice of Fruit | 6-Mar Cereal Bar & Yogurt Chicken Taco & Chips Shredded Cheese , Lettuce Steamed Broccoli Choice of Fruit | 7-Mar Sandwich Sausage Egg Ch. Rotini w/ Meat Sauce Shredded Cheese WG Roll Steamed Carrots Choice of Fruit |
| YOU MUST CHOOSE AT LEAST ONE FRUIT OR ONE VEGETABLE | 11-Mar Cereal & Toast Chicken Parmesan Buttered Pasta Shells Green Beans WG Roll Choice of Fruit | 12-Mar Breakfast Pizza & Juice Meatballs in Gravy Mashed Potatoes Garlic Stick Broccoli Choice of Fruit | 3/13/2019 STICKER DAY Apple Cinnamon Oatmeal Baked Fish Shapes Hush Puppies Steamed Carrots Choice of Fruit | 14-Mar Pancakes w/ Syrup Hamburger on WG Roll Sweet Potato Fries Baked Beans Choice of Fruit | 15-Mar Jumpstarts in Homeroom Pizza Slice Spinach & Tomato Salad Steamed Peas Choice of Fruit |
| | 18-Mar Cereal & Toast Taco Chicken & Chips Shredded Cheese, Lettuce Steamed Broccoli Choice of Fruit | 19-Mar Egg Omelet & Toast Beef- a- Roni Shred Cheese Garlic Stick Steamed Peas Choice of Fruit | 20-Mar Breakfast Bar & Yogurt Breaded Pork Patty Baked French Fries Baked Beans Choice of Fruit | 21-Mar Breakfast Pizza Salisbury Steak w/ Gravy Whipped Potatoes WG Roll Steamed Carrots Choice of Fruit | 22-Mar Jumpstarts in Homeroom Cheesy Breadsticks Sauce Romaine & Tomato Salad Steamed Green Beans Choice of Fruit |
| MILK IS SERVED DAILY | 25-Mar Cereal & Toast Popcorn Chicken Bowl Mashed Potatoes Corn WG Roll Choice of Fruit | 26-Mar Egg & Cheese English Muffin Cheese Steak on WG Roll Buttered Noodles Steamed Broccoli Choice of Fruit | 27-Mar Blueberry Muffin w/ Yogurt Pierogies w/ Onions String Cheese Carrots Soft Pretzel Choice of Fruit | 28-Mar Warm Apple Frudel Breaded Pork Patty Scallop Potatoes WG Roll Baked Beans Choice of Fruit | 29-Mar Jumpstarts in Homeroom Macaroni & Cheese Breaded Chicken Stewed Tomatoes WG Roll Choice of Fruit |

Alternate Lunch Week February 25-March 1 Hotdog on WG Roll

Alternate Lunch Week March 4-8 Grilled Cheese Sandwich

Alternate Lunch Week March 11-15 Cold Meat Sandwich

Alternate Lunch Week March 18-22 Hamburger on WG Roll

Alternate Lunch Week March 25-29 Turkey Burger on WG Roll

Breakfast - \$1.20 Daily
Reduced - \$.30 Daily

Breakfasts **(in Bold Print)** served with Fruit or Juice and Milk. Breakfast alternate daily (Choice of Cereal with Toast)

Lunch - \$2.00 Daily
Reduced - \$.40 Daily