






 **Balanced Choices Meals are Super-Nutrition Meals Packed w/Essential Nutrients and Sustainable Energy to Get You Through Your Busy Day and Keep You on Top of Your Game.**

Scotia-Glenville Elementary Menu – March 2012

Menu Questions or Comments? Please call Dining Services (518) 382-1259

CHOICE # 1 <u>EVERY Monday</u>	CHOICE # 1 <u>EVERY Tuesday</u>	CHOICE # 1 <u>EVERY Wednesday</u>	CHOICE # 1 <u>EVERY Thursday</u>	CHOICE # 1 <u>EVERY Friday</u>
*Whole Grained Chicken Patty on a Bun Peanut Butter & Jelly Sandwich Garden Cheese Chef salad w/ Dinner Roll 4 oz. Chicken Noodle Soup Tuna Sandwich	Oven Baked Popcorn Chicken Dinner Roll Peanut Butter & Jelly Sandwich Garden Cheese Chef salad w/ Dinner Roll 4 oz. Tomato Soup Ham & Cheese Sandwich	Cheese Burger on a Roll Peanut Butter & Jelly Sandwich Garden Cheese Chef salad w/ Dinner Roll 4 oz. Chicken Noodle Soup Bologna & Cheese Sandwich	*Whole Grain Chicken Nuggets Dinner Roll Peanut Butter & Jelly Sandwich Garden Cheese Chef salad w/ Dinner Roll 4 oz. Tomato Soup Egg Salad Sandwich	*Fresh Baked Homemade Cheese Pizza Peanut Butter & Jelly Sandwich Garden Cheese Chef salad w/ Dinner Roll 4 oz. Vegetable Soup Turkey & Cheese Sandwich


*Denotes Whole Grains

OR Monday	OR Tuesday	OR Wednesday	OR Thursday	OR Friday
All Menus are Subject to Change 	Please make all Checks Payable to Scotia Glenville School District Gluten Free Pizza Dough Available  Fresh Seasonal Fruits when Available		1 *Chicken Nuggets. Tater Tots or Corn, Soft Baked Pretzel or Dinner Roll Fresh Orange or Chilled Peaches Choice of Milk	 2 Balanced Choices Meal: Hot Dog on a Bun Tossed Salad w/ Light Dressing or Green Peas Chilled Mixed Fruit or Fresh Apple Choice of Milk
5 Turkey Corn Dog Mashed Potatoes w/ Gravy or Corn Fresh Peas or Chilled Peaches Choice of Milk	6 Grilled Cheese Sandwich Seasoned Carrots or Oven Baked Curley Fries Chilled Mixed Fruit or Fresh Apple Choice of Milk	7 Oven Baked Mozzarella Sticks w/ Tomato Sauce Tossed Salad w/ Light Dressing or Green Beans Chilled Applesauce or Fresh Orange Choice of Milk	8 Italian Dunkers with Mozzarella Cheese and Tomato Sauce Tossed Salad w/ Light Dressing or Corn Chilled Peaches or  Fresh Peas Choice of Milk	9 Hot Meatball Sandwich Oven Baked Curley Fries or Seasoned Peas Chilled Mixed Fruit or Fresh Apple Choice of Milk
 12 Balanced Choices Meal: Hot Dog on a Bun Tossed Salad w/ Light Dressing or Green Beans Chilled Peas or Fresh Orange Choice of Milk	13 Italian Dunkers with Mozzarella Cheese & Tomato Sauce Tossed Salad w/ Light Dressing or Broccoli Fresh Apple or Chilled Peaches Choice of Milk	14 Oven Baked Chicken Fingers Mashed Potatoes w/ Gravy or Carrot Sticks Chilled Peaches or Fresh Apple Choice of Milk	15 *Chicken Nuggets. Tater Tots or Corn, Soft Baked Pretzel or Dinner Roll Fresh Orange or Chilled Applesauce Choice of Milk	16 Breakfast for Lunch: French Toast Sticks & Sausage Oven Baked Tater Tots or Fresh Baby Carrots 100% Juice or Chilled Peaches Choice of Milk
19 Italian Dunkers w/ Mozzarella Cheese & Tomato Sauce Tossed Salad w/ Light Dressing or Seasoned Green Beans Chilled Applesauce or Fresh Orange Choice of Milk.	20 Pizza Buns Toasted Roll with Tomato Sauce and Mozzarella Cheese Fresh Baby Carrots or Seasoned Broccoli Fresh Apple or Chilled Mixed Fruit Choice of Milk	21 Breakfast for Lunch: Pancakes w/ Syrup & Sausage Oven Baked Tater Tots or Fresh Baby Carrots 100% Juice or Chilled Peaches Choice of Milk	22 Beef & Bean Burrito Brown Rice Fresh Celery Sticks or Mixed Vegetables Fresh Apple or Chilled Mixed Fruit Choice of Milk	23 Superintendent's Conference Day No School
26 Italian Dunkers with Mozzarella Cheese & Tomato Sauce Tossed Salad w/ Light Dressing or Corn Fresh Apple or Chilled Peaches Choice of Milk	27 *WG Rotini w/ Meat Sauce Dinner Roll Tossed Salad w/ Light Dressing or Seasoned Mixed Vegetables Chilled Peas or Fresh Banana	28 Grilled Cheese Sandwich Tossed Salad w/ Light Dressing or Oven Baked Tater Tots Chilled Peaches or 100% Juice Choice of Milk	29 Hot Meatball Sandwich Oven Baked Curley Fries or Fresh Baby Carrots Chilled Peaches or Fresh Apple Choice of Milk	 30 Balanced Choices Meal: Hot Dog on a Bun Tossed Salad w/ Light Dressing or Green Beans Chilled Peas or Fresh Orange Choice of Milk

All Menus Are subject to change.

Full Student Lunch \$1.65 Includes:

Choice of Entrée Containing Meat/Protein and Grain/Bread, Two Fruit or Vegetable Side Dishes, and Choice of Milk

Fresh Carrot Sticks, Celery Sticks,  Fresh Seasonal Fruits when Available as Alternate Fruit/Vegetable Side Dish Choices

Milk Choices Include Fat Free White, Fat Free Strawberry, Fat Free Chocolate