

MARCH 2019

Ticonderoga Central School

Each day we serve Low Fat Chocolate milk, 1% milk. Fat Free Carrots, graham crackers, craisins, & raisins are served daily as well.

Monday

Tuesday

Wednesday

Thursday

Friday

4

Cheese Burger on WG Roll
French Fries
Baked Beans
Lettuce, Tomato
Chilled fruit

5

Chicken Fajita
Zesty Rice
Salsa, Cheese, SC
Chilled Fruit
Pudding pastry with cream

6

Beef Gravy
Mashed Potato
Buttery Corn
Dinner Roll
Chilled Fruit

7

National Breakfast Week

French Toast
Sausage links
Fruit Salad

1

Stuffed Crust pepperoni Pizza
Fresh spinach salad
Chilled Fruit

8

French Bread Pizza
Fresh green salad
Chilled Fruit

11

Crispy Chicken Burger
French Fries
Chilled Fruit

12

NO LUNCH
STAFF DEVELOPMENT DAY
WITH EARLY DISMISSAL

13

ST PATTY'S LUNCH
Shepard's Pie
Dinner Roll
Green Salad
Green Cake with Green Frosting

14

Taco Nacho
Hot Cheese
Topping Bar
Rice

Dessert

15

Round Pizza
Fresh Green Salad
Chilled Fruit

18

Grilled Chicken Sandwich
Lettuce, Tomato
French Fries
Chilled Fruit

19

Hot dog/Michigan
French Fries
Baked Beans
Chilled fruit

Dessert

20

Ham Sub
Rippled Chips
Pickles
Cheese, Lettuce, Tomato
Chilled Fruit

21

Chicken Stir Fry
Rice
Egg Roll
Chilled Fruit

Dessert

22

Chicken Bacon Ranch Pizza
Fresh Romaine Salad
Chilled Fruit

25

Fish Sticks
Buttered Pasta
Corn
Chilled Fruit

26

Saucy Goulash
Green Beans
Dinner Roll
Chilled Fruit

Dessert

27

Taco Fiesta
Salsa, sour cream
Lettuce, Cheese
Chilled Fruit

28

3 Bean Chili over Rice
Fresh Vegetable Blend
Chilled Fruit

Dessert

29

Homestyle Pizza
Fresh spring time salad
Chilled Fruit

Did you know our breakfast and lunch programs are free?

*Menu subject to change without notice