



# MARCH 2020

## Ticonderoga Central School

Each day we serve a variety of low fat and fat free milk  
Baby Carrots with ranch or hummus  
Greens with choice of dressing, Craisins, Graham crackers

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Tender <b>2</b> French fries Dip Cups Chilled Fruit	Hard Shell/Soft Shell <b>3</b> Beef Taco Steamed Rice Black Bean Salsa Pudding cups	Spaghetti & Meatballs Broccoli Garlic Roll <b>4</b>	Buffalo Chicken Dip <b>5</b> Crispy Tortilla Chips Garden Fresh Salad Cake Chilled Fruit	Cheese Pizza <b>6</b> Or Pepperoni Pizza Caesar Salad Chilled Fruit
Toasted Cheese <b>9</b> Sandwich Creamy Tomato Goldfish Chilled Fruit	Chicken Fajita <b>10</b> Steamed Rice & Beans Toppings Chilled Fruit Cookies	Creamy Mac & Cheese <b>11</b> Corn Dinner Roll Choc Cake	Beef Gravy <b>12</b> Over Mashed Potato Green Beans Dinner Roll Chilled Fruit	Fish & Chips <b>13</b> Cole Slaw Chilled Fruit
Crispy Chicken Patty <b>16</b> French Fries Lettuce, Tomato Chilled Fruit	Spanish Rice <b>17</b> Garden Fresh Salad WG Dinner Roll Chilled Fruit Sunshine Bar	Country Chicken Gravy <b>18</b> Over Mashed Potato Golden Corn WG Dinner Roll Chilled Fruit	Emma's Goulash <b>19</b> Green Beans WG Garlic Roll Chilled Fruit Orange Jello	Cheese Pizza <b>20</b> Or Chicken Bacon Ranch Pizza Green Salad Chilled Fruit
Boiled Hot Dogs <b>23</b> French Fries Baked Beans Chilled Fruit	Taco Salad <b>24</b> Tortilla Chips Topping Bar Chilled Fruit Brownies	Roast Turkey Gravy <b>25</b> Over Mashed Potato Green Beans Chilled Fruit Pumpkin Cake	Meatball Sandwich <b>26</b> Ruffles Pickle Chilled Fruit Cookies	Fish Sticks <b>27</b> French Fries Chilled Fruit
Sentinel Burger <b>30</b> Topping Bar Mac Sauce French Fries Baked Beans	Grilled Chicken Wrap <b>31</b> Sun Chips Chilled Fruit Birthday Cake			

\*\* MENU SUBJECT TO CHANGE WITHOUT NOTICE\*\*  
Breakfast each day \$1.35

Pre-k-5<sup>th</sup> Lunch \$2.15 6<sup>th</sup>-12<sup>th</sup> \$2.25 and Ala Carte each day and smart snacks available for purchase

