

March 2010

Fort Ann Central School Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Quesadilla Sliced Carrots Applesauce	2 Turkey Bacon Sub Potato Salad Mixed Fruit	3 Egg, Ham & Cheese On a Biscuit Garlic Green Beans Peaches	4 Buffalo Chicken Pizza Broccoli & Cheese Pumpkin Crisp	5 Breaded Fish on a Bun Macaroni Salad Pineapple
8 Chicken in Gravy Mashed Potatoes Blueberries	9 Italian Pork Wrap Green Beans Peach Mess	10 Spicy Chicken Patty Carrot Sticks w/ranch Pineapple	11 Stuffed Turkey Roll Up Pasta Salad Strawberries	12 Grilled Cheese Sandwich Tomato Soup Orange
15 Ham & Cheese on a Bagel Sliced Carrots Applesauce	16 Chicken Fajita Baked Beans Peanut Butter Crumb Cake	17 Meatball Sub Corn Raisins	18 Mozzarella Sticks w/dipping sauce Green Beans Pears	19 NO LUNCHES SERVED Early Release
22 French Toast Sticks w/syrup Canadian Bacon Mixed Fruit	23 Lasagna Roll Tossed Salad Snack'n Cake	24 Philly Cheese Steak Peas Apple	25 Turkey Club Wrap Celery Sticks w/ranch Banana	26 Baked Mac & Cheese Green Beans Blueberries
29 BBQ Pork Wrap Spaghetti w/sauce Orange	30 Baked Potato w/toppings Glazed Carrots Applesauce w/cinnamon	31 Popcorn Chicken Corn Peaches	Daily Alternates: Chicken Nuggets Pepperoni Pizza Subs & Sandwiches Chef Salad Hamburger or Cheeseburger	SPECIAL'S Mon – Hot Dogs Tue & Fri – Tacos Wed – Pasta Thurs – Chef Salad Student Breakfast - \$1.05 Student Lunch - \$1.55

All meals are served with a choice of milk (Skim, 1%, 1/2% chocolate) The School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A activity should write to the Secretary of Agriculture, Washington, D.C. 20250. Menu subject to change without notice.

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Fort Ann Central School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Bagel w/cream cheese Chilled Juice or Fresh Fruit	2 Egg & Cheese Omelet Chilled Juice or Fresh Fruit	3 Oven Fresh Cinnamon Bun Chilled Juice or Fresh Fruit FREE BREAKFAST	4 Sausage & Cheese On a Biscuit Chilled Juice or Fresh Fruit	5 Granola Bar Chilled Juice or Fresh Fruit
8 Assorted Cereal Chilled Juice or Fresh Fruit	9 Breakfast Wrap Chilled Juice or Fresh Fruit	10 Oven Fresh Cinnamon Bun Chilled Juice or Fresh Fruit FREE BREAKFAST	11 Blueberry Muffin Chilled Juice or Fresh Fruit	12 Egg, Cheese & Canadian Bacon on a Biscuit Chilled Juice or Fresh Fruit
15 Oatmeal w/toppings Chilled Juice or Fresh Fruit	16 Waffles w/syrup Chilled Juice or Fresh Fruit	17 Oven Fresh Cinnamon Bun Chilled Juice or Fresh Fruit FREE BREAKFAST	18 Scrambled Eggs Chilled Juice or Fresh Fruit	19 Yogurt Chilled Juice or Fresh Fruit
22 Chocolate Chip Muffin Chilled Juice or Fresh Fruit	23 Pancakes w/syrup Chilled Juice or Fresh Fruit	24 Oven Fresh Cinnamon Bun Chilled Juice or Fresh Fruit FREE BREAKFAST	25 French Toast Sticks w/syrup Chilled Juice or Fresh Fruit	26 Breakfast Nacho's Chilled Juice or Fresh Fruit
29 Cereal Bar Chilled Juice or Fresh Fruit	30 Egg, Cheese & Sausage On a English Muffin Chilled Juice or Fresh Fruit	31 Oven Fresh Cinnamon Bun Chilled Juice or Fresh Fruit FREE BREAKFAST	Research shows that students who eat breakfast perform better in school, feel better and have more energy.	

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Questions? Please Call Mary Howerton 639-8345