### Breakfast Menu

**March 2020**

**NY SEASONAL HARVEST**
*Breakfast Potatoes & Yogurt*

National School Breakfast Week is March 2nd - 6th!! Come check out what your school cafeteria has to offer!

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>Breakfast 4 Lunch!</td>
<td>Meat Nacho Grande w/Rice</td>
<td>Baked Mozzarella Sticks w/Marinara Sauce &amp; Pasta</td>
<td>Chicken &amp; Gravy w/Warm Biscuit Crispy Chicken Tender Sub</td>
<td>Pizza Dunkers w/Marinara Sauce BBQ Pork Rib on a Roll Sliced Carrots</td>
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<tr>
<td>French Toast Sticks &amp; Sausage</td>
<td>Bean Nacho Grande w/Rice</td>
<td>Buffalo Ranch Melt Green Beans Fresh Cucumber Slices Homemade Fruit Crisp w/Whipped Topping</td>
<td>Crispy Chicken Tender Sub</td>
<td>NY Breakfast Potatoes w/Gravy</td>
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<td>Chicken Philly Sub Sliced Carrots</td>
<td>Hot Dog on a Roll Golden Sweet Corn Refried Beans</td>
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<tr>
<td><strong>Breakfast Potatoes &amp; Yogurt</strong></td>
<td><strong>Ultimate Cheese Breadstick w/Marinara Sauce</strong></td>
<td><strong>Homemade Macaroni &amp; Cheese w/Bread Green Beans Fresh Baby Carrots Fruity Jello w/Whipped Topping</strong></td>
<td><strong>BURRITO BAR!</strong></td>
<td><strong>Italian Meatball Sub w/Rice</strong></td>
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<td><strong>NY Breakfast Potatoes</strong></td>
<td><strong>Chicken BLT Salad w/Bread Choice Golden Sweet Corn Baked Beans</strong></td>
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<td><strong>NY Seasoned Roasted Potatoes</strong></td>
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<tr>
<td>Popcorn Chicken Bites w/Bread Cheese Ravioli w/Marinara Sauce &amp; Bread Sliced Carrots Oven Fries</td>
<td>Ultimate Cheese Breadstick w/Marinara Sauce</td>
<td>Homemade Macaroni &amp; Cheese w/Bread Green Beans Fresh Baby Carrots Fruity Jello w/Whipped Topping</td>
<td><strong>“SPRING FLING” MTO Sub</strong></td>
<td><strong>Italian Meatball Sub w/Rice</strong></td>
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<td></td>
<td>Chicken BLT Salad w/Bread Choice Golden Sweet Corn Baked Beans</td>
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<td>Macaroni Salad Fresh Cucumber Slices Ice Cream Treat</td>
<td><strong>NY Seasoned Roasted Potatoes</strong></td>
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<tr>
<td><strong>Stuffed Crust Cheese Pizza</strong></td>
<td><strong>Meat Taco w/Rice</strong></td>
<td><strong>Toasted Cheese Sandwich</strong></td>
<td><strong>“SPRING FLING”</strong></td>
<td><strong>CONFERENCE DAY NO SCHOOL</strong></td>
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<tr>
<td><strong>Authentic Pulled Pork Sandwich Sliced Carrots Green Peas</strong></td>
<td>Bean Taco w/Rice Baked Crispy Chicken Parmesan Sandwich Golden Sweet Corn Refried Beans</td>
<td>Buffalo Ranch Wrap Hot Tomato Soup Green Beans Homemade Fruit Crisp w/Whipped Topping</td>
<td>MTO Sub Macaroni Salad Fresh Cucumber Slices Ice Cream Treat</td>
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<td><strong>23</strong></td>
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<tr>
<td><strong>English Muffin Pizza BBQ Pork Rib on a Roll Sliced Carrots</strong></td>
<td><strong>Meat Walking Taco w/Rice</strong></td>
<td><strong>Pasta W/Meat Sauce &amp; Cheese</strong></td>
<td><strong>Sesame Chicken w/Rice</strong></td>
<td><strong>Homestyle Chicken Bowl w/Bread</strong></td>
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<tr>
<td></td>
<td>Bean Walking Taco w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans</td>
<td>Chicken Ranch Wrap Green Beans Fresh Pepper Strips! Cinnamon Applesauce Jello</td>
<td>Hot Dog on a Roll Steamed Broccoli</td>
<td><strong>Sliced Carrots Mashed Potatoes w/Gravy</strong></td>
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</tbody>
</table>
| | | | | | **NEW YORK PRODUCTS:**
| | | | | **WE OFFER YOGURT, CHEESE STICKS & MILK DAILY FROM UPSTATE FARMS!**

This menu is subject to change with out advance notice.

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**Available Daily Entrees**
- PB&J Sandwich
- Meat Chef Salad w/Bread Choice
- Vegetarian Chef Salad w/Bread Choice
- M/W/F: Yogurt w/Bread Choice
- T/TH: Fruit & Yogurt Parfait w/Bread Choice
- Cheese Stick & Yogurt w/Bread Choice
- Assorted Sandwiches
- Assorted Wraps
- Assorted Pizza
- Baked Crispy Chicken Sandwich
- Cheeseburger on a Roll

**Available Daily Sides**
- Fresh Vegetables
- Tossed Salad
- Fresh Fruit & Fruit Cups
- Assorted Milk
- Bread Choice = Soft Pretzel or Breadstick

**PRICING**
- Breakfast & Lunch: $0.00
- Milk & Ala Carte: $0.75
- Snacks: $0.50-$1.30

**NOTE:** Every student gets 1 free breakfast & 1 free lunch at no charge per school day. Each breakfast & lunch must be a COMPLETE REIMBURSABLE MEAL, or student will be charged Ala Carte for each item on their tray.

**Weekly Breakfast Menu**
- **Monday:** Mini Pancakes
- **Tuesday:** Breakfast on a Stick
- **Wednesday:** French Toast Sticks
- **Thursday:** Breakfast Pizza
- **Friday:** Breakfast Taco

**Daily Options:** Bagel Sandwich, Cinnamon Roll, Bagel, Asst. Cereal, Goldfish Graham, Muffin Top, Breakfast Oatmeal Bar, Asst. Fruit, 100% Fruit Juice & Asst. Milk

**Conference Day**
*NO SCHOOL*

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**New York Products:**
- We offer yogurt, cheese sticks & milk daily from upstate farms!

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**Make Online Payments at PaySchools.com!**

Contact the Food Service Office if you have any questions, comments or concerns. We can be reached at (607) 776-3303 or go to the School District Website Food Service Page and click on the Contact Us Button to fill in and submit your information.

This institution is an equal opportunity employer & provider.
March Seasonal Harvest: POTATOES & YOGURT

Potatoes are also a significant source of VITAMIN C and the minerals POTASSIUM and COPPER. Vitamin C is an antioxidant vitamin that is needed to form collagen for skin, healthy teeth, gums and blood vessels. Potassium is important for maintaining fluid balance, nerve impulses, and cardiac and muscle function. Copper is needed to make a protein in red blood cells called hemoglobin, maintenance of blood vessels and to metabolize iron.

Popular varieties of potatoes:
Russet, white, red, purple, yellow, new, fingerling, and sweet.

Upstate Farms All Natural Vanilla Yogurt served daily in your school. Other flavors also available—blueberry, strawberry and a variety of flavors available in 4 oz. cups.