### 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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<tbody>
<tr>
<td><strong>Breakfast 4 Lunch!</strong></td>
<td><strong>Meat or Bean Nacho Grande w/Rice</strong></td>
<td><strong>Baked Mozzarella Sticks w/Marinara Sauce &amp; Pasta</strong></td>
<td><strong>Chicken &amp; Gravy w/Warm Biscuit Crisy Chicken Tender Sub</strong></td>
<td><strong>Pizza Dunkers w/Marinara Sauce Spicy Crisy Chicken Sandwich Sliced Carrots</strong></td>
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<td>French Toast Sticks &amp; Sausage</td>
<td>Chicken Caesar Salad w/Bread Choice</td>
<td>Tuna Salad Sandwich Green Beans Fresh Cucumber Slices</td>
<td>Steamed Broccoli Mashed Potatoes w/Gravy Homemade Fruit Crisp w/Whipped Topping</td>
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<td>Sliced Carrots</td>
<td>Golden Sweet Corn Refried Beans</td>
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<td>Green Beans</td>
<td>NY Breakfast Potatoes</td>
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<td><strong>9</strong> Popcorn Chicken Bites Cheese Ravioli w/Marinara Sauce &amp; Bread Sliced Carrots Oven Fries</td>
<td><strong>10</strong> Meat or Bean Taco w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans Fruity Jello w/Whipped Topping</td>
<td><strong>11</strong> Homemade Macaroni &amp; Cheese w/Bread Turkey Club Wrap Green Beans Fresh Baby Carrots</td>
<td><strong>12</strong> BURRITO BAR!</td>
<td><strong>13</strong> Italian Meatball Sub Crisy Fish Filet Sandwich Sliced Carrots</td>
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<td><strong>16</strong> Authentic Pulled Pork Sandwich Cheeseburger on a Roll Sliced Carrots Green Peas</td>
<td><strong>17</strong> Chicken Soft Taco w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans Homemade Fruit Crisp w/Whipped Topping</td>
<td><strong>18</strong> Toasted Cheese Sandwich Buffalo Ranch Melt Hot Tomato Soup</td>
<td><strong>19</strong> &quot;SPRING FLING&quot; MTO Sub Macaroni Salad Fresh Cucumber Slices Ice Cream Treat</td>
<td><strong>20</strong> CONFERENCE DAY NO SCHOOL</td>
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<td><strong>23</strong> English Muffin Pizza BBQ Pork Rib on a Roll Sliced Carrots</td>
<td><strong>24</strong> Meat or Bean Walking Taco w/Rice Bean Walking Taco w/Rice Chicken BLT Salad w/Bread Choice Golden Sweet Corn Refried Beans</td>
<td><strong>25</strong> Cheese Ravioli w/Marinara Sauce &amp; Bread Chicken Ranch Wrap Green Beans Fresh Pepper Strips!</td>
<td><strong>26</strong> Sesame Chicken w/Rice Hot Dog on a Roll Steamed Broccoli Cinnamon Applesauce Jello</td>
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<td><strong>30</strong> Ultimate Cheese Breadstick w/Marinara Sauce Cheeseburger on a Roll Sliced Carrots Green Beans</td>
<td><strong>31</strong> Chicken Soft Taco w/Rice Chicken Caesar Salad w/Bread Choice Golden Sweet Corn Refried Beans</td>
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**Available Daily Entrees**
- PBJ Sandwich
- Meat Chef Salad w/Bread Choice
- Vegetarian Chef Salad w/Bread Choice
- MW/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

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

**NEW YORK PRODUCTS:**
- We offer yogurt, cheese sticks & milk daily from upstate farms!

Contact the Food Service Office if you have any questions, comments or concerns. We can be reached at (607) 776-3303 (Ext. 3012 or 3010) 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.