




# March 2020

## NY SEASONAL HARVEST Breakfast Potatoes & Yogurt

## ELMIRA CITY SCHOOL DISTRICT GRADES PK-7th

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

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Crispy Chicken Tenders w/Dinner Roll Authentic North Carolina Pulled Pork Sandwich Steamed Broccoli <b>NY Seasoned Roasted Potatoes</b>	3 Meat Walking Taco w/Rice Bean Walking Taco w/Rice Chicken Caesar Salad w/Bagel Golden Sweet Corn Refried Beans	4 Cheese Ravioli w/ Marinara Sauce & Bread Hot Dog on a Roll Steamed Broccoli Green Beans	5 Pizza Dunkers w/Marinara Sauce Philly Steak Sub Sliced Carrots Fresh Cucumber Slices	6 Sloppy Joe on a Roll Toasted Cheese Sandwich Hot Tomato Soup Steamed Broccoli	
9 French Toast Sticks & Sausage Baked Crispy Chicken Sandwich Sliced Carrots Steamed Broccoli	10 <b>Half Day Menu PK-6</b> Cheese Stick & NY Yogurt w/ Bagel or PBJ Sandwich <b>7th Grade Menu</b> Chicken Soft Taco w/Rice Turkey BLT Salad w/Bagel Refried Beans	11 Baked Mozzarella Sticks w/Marinara Sauce & Pasta Chicken Ranch Wrap Golden Sweet Corn <b>NY Grape Juice Slush!</b>	12 Pepperoni Pizza Cheese Pizza Steamed Broccoli Fresh Pepper Strips!	13 Homemade Macaroni & Cheese w/Bread Crispy Fish Filet Sandwich Green Beans Sliced Carrots	
16 Ultimate Cheese Breadstick w/Marinara Sauce Sausage Breakfast Sandwich Baked Beans Steamed Broccoli	17 Crispy Chicken Tenders w/Dinner Roll BBQ Pork Rib on a Roll Golden Sweet Corn Sliced Carrots 	18 Pasta w/Meatsauce & Cheese Pasta w/Marinara Sauce & Cheese Chicken Caesar Salad w/Bagel Fresh Cucumber Slices Green Beans	19 Pizza Dunkers w/Marinara Sauce Southwest Taco Salad Sliced Carrots <b>NY Grape Juice Slush!</b>	20 <b>CONFERENCE DAY NO SCHOOL</b>	
23 Stuffed Crust Cheese Pizza <b>NY Hot Dog on a Roll</b> Sliced Carrots Steamed Broccoli	24 Chicken Smackers w/Dinner Roll Turkey BLT Salad w/Bagel Green Beans Sliced Carrots	25 Sesame Chicken w/Rice & <b>NY Egg Roll</b> Buffalo Ranch Wrap Steamed Broccoli	26 Buffalo Wing Pizza Cheese Pizza Golden Sweet Corn Sliced Carrots Fresh Pepper Strips!	27 Crispy Fish Filet Sandwich Cheeseburger on a Roll Steamed Broccoli Baked Beans	
30 Mini Pancakes w/Sausage Authentic North Carolina Pulled Pork Sandwich <b>NY Breakfast Potatoes</b> Sliced Carrots	31 Meat Walking Taco w/Rice Bean Walking Taco w/Rice Chicken Caesar Salad w/Bagel Steamed Broccoli Refried Beans <b>NY Grape Juice Slush!</b>	 Make Online Payments at <a href="https://www.payschools.com">PaySchools.com!</a>			 <b>NEW YORK PRODUCTS:</b> WE OFFER YOGURT, CHEESE STICKS & MILK DAILY FROM UPSTATE FARMS!

### DAILY ENTREES & SIDES

- Baked Chicken Nuggets w/Bread
- PBJ Sandwich
- Ham & Cheese Sandwich
- Turkey & Cheese Sandwich
- Chef Salad w/Bagel
- Vegetarian Chef Salad w/Bagel
- NY Yogurt w/Bagel
- Tossed Salad
- Fresh Vegetables
- Assorted Fruit
- 100% Fruit Juice
- Assorted Chilled NY Milk

### PRICING

- Breakfast & Lunch: \$0.00
- Milk/Ala Carte Side: \$0.75
- Snacks: \$0.50-\$1.30

**NOTE: Every student receives 1 breakfast and 1 lunch at no charge per school day. Each breakfast & lunch must be a COMPLETE MEAL, or student will be charged ala carte for each item on their tray.**

### PK-6th Breakfast

**Mon-Fri:** Breakfast Breaks w/Fruit & Milk

### 7th Grade Breakfast

**Mon:** Breakfast on a Stick  
**Tues:** Sausage Breakfast Sandwich

**Wed:** Breakfast Pizza

**Thurs:** French Toast Sticks

**Fri:** Sausage Breakfast Sandwich

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

# March Seasonal Harvest: POTATOES & YOGURT



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**POTATOES CAN BE MASHED, ROASTED, STEAMED, BOILED, & GRILLED.**



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.

