<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>2 Crispy Chicken Tenders w/Bread Sliced Carrots Oven Fries</td>
<td>3 Meat Nacho Grande w/Rice Bean Nacho Grande w/Rice Golden Sweet Corn Vegetarian Beans</td>
<td>4 Turkey &amp; Gravy w/Bread Mashed Potatoes w/Gravy Green Beans Homemade Fruit Crisp w/Whipped Topping</td>
<td>5 Baked Mozzarella Sticks w/Marinara Sauce &amp; Pasta Steamed Broccoli Fresh Cucumber Slices</td>
<td>6 Pizza Dunkers w/Marinara Sauce Sliced Carrots</td>
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<tr>
<td>9 French Toast Sticks &amp; Sausage Sliced Carrots Tater Tots</td>
<td>10 Meat Tacos w/Rice Bean Tacos w/Rice Golden Sweet Corn Vegetarian Beans</td>
<td>11 Homemade Macaroni &amp; Cheese w/Rice Green Beans Fresh Baby Carrots Cinnamon Applesauce Jello</td>
<td>12 Chicken Teriyaki w/Rice Steamed Broccoli</td>
<td>13 Homestyle Chicken Bowl w/Bread Mashed Potatoes w/Gravy Sliced Carrots Golden Sweet Corn</td>
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<tr>
<td>16 Italian Meatball Sub Sliced Carrots Oven Fries</td>
<td>17 Chicken Soft Taco w/Rice Golden Sweet Corn Vegetarian Beans</td>
<td>18 Toasted Cheese Sandwich Green Beans Hot Tomato Soup Homemade Fruit Crisp w/Whipped Topping</td>
<td>19 Cheese Ravioli w/Marinara Sauce &amp; Bread Steamed Broccoli Fresh Cucumber Slices</td>
<td>20 CONFERENCE DAY NO SCHOOL</td>
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<tr>
<td>23 Popcorn Chicken Bites w/Bread Sliced Carrots Tater Tots</td>
<td>24 Meat Tacos w/Rice Bean Tacos w/Rice Golden Sweet Corn Vegetarian Beans</td>
<td>25 Breakfast Sandwich Green Beans Fresh Pepper Strips! Cinnamon Applesauce Jello</td>
<td>26 Chicken &amp; Orange Sauce w/Rice Steamed Broccoli</td>
<td>27 Authentic North Carolina Pulled Pork Sandwich NY Seasoned Roasted Potatoes Sliced Carrots</td>
</tr>
<tr>
<td>30 Spicy Crispy Chicken Sandwich Sliced Carrots Oven Fries</td>
<td>31 Meat Nacho Grande w/Rice Bean Nacho Grande w/Rice Golden Sweet Corn Vegetarian Beans</td>
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</tbody>
</table>

**PRICING**

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

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

**WILDWOOD CAMPUS**

**NY SEASONAL HARVEST**

Roasted Potatoes & Yogurt

**WILDWOOD CAMPUS**

NY SEASONAL HARVEST

Roasted Potatoes & Yogurt

**NEW YORK PRODUCTS:**

We offer yogurt, cheese sticks & milk daily from upstate farms!

**BREAKFAST MENU**

Monday: WG Cinnamon Roll, Breakfast Break or Bagel
Tuesday: French Toast Sticks, Breakfast Break or Bagel
Wednesday: Breakfast on a Stick, Breakfast Break or Bagel
Thursday: French Toast Sticks, Breakfast Break or Bagel
Friday: WG Cinnamon Roll, Breakfast Break or Bagel

**DAILY SIDES**

Tossed Salad,
Fresh Vegetables,
Assorted Fruit, 100% Fruit Juice,
Chilled Milk
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.