## CANASERAGA CENTRAL SCHOOL

### DAILY ENTREES:
- PBJ Sandwich
- Chef Salad w/Bagel
- Vegetarian Chef Salad w/Bagel
- Yogurt & Cheese Stick w/Bagel

### WEEKLY ENTREES:
- M/W/F: Baked Chicken Nuggets w/Bread
- T/TH: Baked Crispy Chicken Sandwich

### DAILY SIDES:
- Tossed Salad
- Fresh Vegetables
- Assorted Fruit
- 100% Fruit Juice
- Chilled Milk

### PRICING:
- Breakfast & Lunch: $0.00
- Milk: $.65
- Ala Carte Side: $.75
- Snacks: $.50-$1.30

**Note:** Every Student receives 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.

### BREAKFAST MENU:

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>French Toast Sticks &amp; Sausage Chicken Philly Sub Sliced Carrots NY Breakfast Potatoes</td>
</tr>
<tr>
<td>Tues</td>
<td>Breakfast Pizza</td>
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<tr>
<td>Weds</td>
<td>Breakfast Sandwich</td>
</tr>
<tr>
<td>Thurs</td>
<td>Cinnamon Roll</td>
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<tr>
<td>Fri</td>
<td>Mini Pancakes</td>
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</tbody>
</table>

**DAILY OPTIONS:**
- B-Fast Sandwich, Smoothie (Wed), Goldfish Grahams, Asst. Cereal Bowls, Asst. Muffin Tops, Breakfast Bar, Half Bagel or Bread Slice w/Margarine or Jelly, Yogurt Cups, Asst. Fruit, 100% Fruit Juice & Milk

### BREAKFAST OPTIONS:
- French Toast Sticks & Sausage
- Egg Salad Sandwich w/Bread
- Toasted Cheese Sandwich w/Bread
- Cheese Ravioli w/Marinara Sauce & Bread
- Egg Salad Sandwich w/Bread

### NEW YORK PRODUCTS:
- We offer Yogurt, Cheese Sticks & Milk daily from upstate farms!

### CANASERAGA CENTRAL SCHOOL

Contact the Food Service Office if you have any questions, comments or concerns. We can be reached at (607) 545-6421 or go to the School District Website Food Service Page & 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.

March 2020

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.