

March 2020

Barkhamsted Elementary

MONDAY

Mini Pancakes
Syrup
Ham Slice
Potato Wedges
Carrot Coins
Assorted Fruit

2

Mini French Toast
Syrup
Egg Patty
Sweet Potato Fries
Carrot Coins
Assorted Fruit

9

Bagel, Egg and
Sausage Sandwich
Potato Wedges
Carrot Sticks
Assorted Fruit

16

Mini Waffles
Syrup
Yogurt Cup
String Cheese
Raw Veggie Cup
Potato Wedges
Assorted Fruit

23

Cereal Bowl
Corn Muffin
Egg Patty
Sweet Potato Fries
Raw Veggies
Assorted Fruit

30

TUESDAY

Grilled Ham and
Cheese on a WG
Ciabatta Roll
Sweet Potato Fries
Mixed Vegetables
Assorted Fruit

3

Chicken Tenders
WW Bread & Butter
Crinkle Fries
Two Bean Salad
Assorted Fruit

10

Hotdog On A WW
Roll
Two Bean Salad
Crinkle Fries
Assorted Fruit

17

Hamburger or
Cheeseburger on a
WW Roll
Pickle Chips
Grilled Peppers & Onions
Corn Kernel
Assorted Fruit

24

Chicken Patty on a
WW Roll
Crinkle Fries
California Vegetables
Assorted Fruit

31

WEDNESDAY

Cheese Ravioli
Red Sauce
Bosco Stick
Green Beans
Cooked Carrots
Assorted Fruit

4

Mexican Pasta
WG Dinner Roll
Tossed Side Salad
Assorted Fruit

11

Chicken Alfredo with
a Twist
Warm WW Dinner Roll
Mixed Vegetable
Steamed Broccoli
Assorted Fruit

18

Spaghetti
Red Sauce
Grilled Chicken Breast
Warm WW Dinner Roll
Savory Carrots
Peas
Assorted Fruit

25

THURSDAY

Hamburger or
Cheeseburger on a
WW Roll
Baked Beans
Creamy Cole Slaw
Assorted Fruit

5

Homemade Chili
Tostitos Scoops
Rice Pilaf
Corn Kernels
Baked Beans
Assorted Fruit

12

Beef Tacos with
all the Fixings
Brown Rice Pilaf
Shredded Lettuce
Diced Tomatoes
Baked Beans
Assorted Fruit

19

Grilled Cheese
Sandwich
Baked Beans
Raw Carrot Coins
Assorted Fruit

26

FRIDAY

Pizza Quesadilla
Tossed Side Salad
Assorted Fruit

6

Gilardi Cheese Stuffed
Bread Stick
Red Sauce For Dipping
Mixed Vegetable
Assorted Fruit

13

Big Daddy Cheese
Pizza
Green Beans
Cooked Carrots
Assorted Fruit

20

Max Cheese Pizza
Or Sausage Pizza
Squares
Steamed Broccoli
Assorted Fruit

27

A La Carte

3/02-3/06 BBQ Pulled Pork
on a WW Roll

3/09-3/13 Taco Salad
Brown Rice

3/16-3/20 Chef Salad
WW Dinner Roll

3/23-3/27 Sausage Pizza
Square

3/30-4/3 Deli Sub

School News

Five food components are offered with each lunch – milk, grain, meat/meat alternate, fruit and vegetable. Students must select AT LEAST 3 out of the 5 components and 1 of the components must be 1/2c. fruit or vegetable. Lunch menu subject to change. Lunch \$3.00. "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER".

DID YOU KNOW?

The word 'March' comes from the Roman 'Martius'. This was originally the first month of the Roman calendar and was named after Mars, the god of war. March was the beginning of our calendar year.