Lunch

Celebrate National School Breakfast Week March 3rd - 7th!

# **MARCH 2025** Orange Elementary School Pre-K

Ralph C. Mahar Regional & School Union 73

## **MONDAY**

### **TUESDAY**

### **WEDNESDAY**

### **THURSDAY**

### **FRIDAY**

**Brunch for Lunch!** 

Whole Grain Pancakes with 2 Egg Patties, Hash Browns & Fresh Orange Wedges

BBQ Pulled Pork Sandwich on a Whole Wheat Bun with Sweet Potato Fries & Apricot Slushy Cup

Early Release

Choose from: a Tuna Sandwich or a Cereal Fun Lunch both served with Assorted Fruits & Vegaies

Ham, Egg, & Cheese Sandwich on a Whole Wheat Croissant with English Breakfast Baked Beans & Fresh Strawberries

Star Shaped Whole Grain Braded Pollock Fish Nuggets with Tartar Sauce, Side Salad, & Fresh Apple Slices

Alternate Meals: Alternate Meals: Tuna Sandwich with Lettuce & Tomato on Whole Wheat, Cereal Fun Lunch (1oz. Cheerios Bowl & Yogurt)

10

2 Pieces of Bone-In Baked BBQ Chicken with a Whole Wheat Dinner Roll, Homemade Potato Salad & an Applesauce Cup

11

Turkey Pot Pie filled with Peas & Carrots, topped with a Whole Wheat Biscuit & a Mixed Berry Slushy Cup

12

Pepperoni or Cheese French Bread Pizza with Cucumber Wheels & Fresh Watermelon

13

Chicken Fajita with Peppers & Onions in a Whole Wheat Tortilla with Sofrito Black Beans & a Pear Cup

14

Atlantic Salmon Filet Baked in an Herb & Butter Sauce with a Whole Wheat Roll, Roasted Green Beans & Fresh Apple Slices

Alternate Meals: Turkey BLT Sandwich on Whole Wheat or Muffin Fun Lunch (2oz. WG Muffin & Yogurt)

17

Happy St. Patrick's Day!

Homemade Shepherd's Pie with a Whole Grain Shamrock Cookie & Fresh Orange Wedges

18

Northwest Pear, Turkey, & Mozzarella Panini with Rainbow Carrot Dippers & an Apricot Slushy Cup

19

Cheesy Chicken Parmesan Bake with Whole Wheat Pasta in Marinara Sauce, Roasted Cauliflower & a Peach Cup

20

Hamburger or Cheeseburger on a Whole Wheat Bun served with Vegetarian Baked Beans & Fresh Strawberries

21

No School Teacher Professional Development Dav



Alternate Meals: All American Sub (Ham, Turkey & Cheese) on Whole Wheat or Bagel Fun Lunch (2oz. WG Bagel, Cream Cheese & Yogurt)

24

Pork Carnitas Street Tacos on Whole Wheat Flour Tortillas, Sweet Baked Plantains. Shredded Cheese, Sour Cream & an Applesauce Cup

25

Roasted Turkey Dinner with Baked Sweet Potatoes, Mini Whole Grain Cornbread, & a Mixed Berry Slushy Cup

26

Stuffed Crust Cheese or Pepperoni Pizza Slice with Roasted Ratatouille & Fresh Cantaloupe

27

**Baseball Opening Day!** Whole Grain Bavarian Style Pretzel with Cheese Sauce. Baked Beans & 100% Fruit Italian Ice

28

Cajun Seasoned Popcorn Shrimp with Rice & Beans, Collard Greens & Fresh Apple Slices

Alternate Meals: Apple & Turkey Spring Salad with a Whole Wheat Dinner Roll or Cereal Fun Lunch (1oz. Cheerios Bowl & Yogurt)

31

Tuscan Turkey & Bean Soup with a Toasted 3 Cheese Sandwich on Whole Grain

Bread & Fresh Orange Wedges

A USDA Pre-K Reimbursable Lunch Includes.... 1 Skim or 1% White Milk, a Whole Grain Item, a Plant/Animal Based Protein, Fruits & Vegetables

Assorted Condiments, Skim Milk, or 1% White Milk are Available Daily

Manage Your Student's Account Online - Make Prepayments - View Transaction History - View Account Balance - Visit www.MvSchoolBucks.com

One Full Reimbursable Lunch is Free to Each Student - A La Carte Items will be charged accordingly.

Alternative Milk Choices, such as Lactaid or Soy Milk, are available with a documented dietary need.

If you have any questions, or would like additional information regarding this menu, please contact your Food Service Director at kbressani@rcmahar.org

This institution is an equal opportunity provider.