

MARCH 2024

South Colonie Middle Schools

Free Meals for all students
Milk for home lunch is \$0.75.
1% white milk, Fat free white and chocolate milk
served daily.

Monday

Tuesday

Wednesday

Thursday

Friday

Mozzarella Sticks **1**
w/ tomato dipping sauce
Garlic Breadstick
Roasted Broccoli
Pears, Milk

Chicken Patty on a Bun **4**
Chipotle Ranch Sauce
Oven Baked Fries
Sliced Carrot Coins
Fresh Apple, Milk

Uncle Rico's Pizza **5**
Cheese or Pepperoni
Steamed Peas
Chilled Pears
Milk

French Toast w/ syrup **6**
Turkey Sausage
Baked Tater Tots
Chilled Applesauce Cup
Milk

Turkey Hot Dog on a roll **7**
Sweet Potato Fries
Baked Beans
Diced Pears
Milk

Macaroni & Cheese **8**
Green Beans
WW Dinner Roll
Apple slices
Milk

Chicken Nuggets **11**
Oven Baked Fries
Green Beans
Fresh Orange Wedges
Milk

Uncle Rico's Pizza **12**
Cheese or Pepperoni
Sliced Carrots
Mixed Fruit
Milk

Cheeseburger on a bun **13**
w/lettuce, tomato
Waffles Fries
Diced Peaches
Milk

Chicken Fajitas **14**
Peppers & Onions
Black Beans, cheese, salsa
Corn
Variety of fruit, Milk

Professional
Development Day **15**

No School

Chicken Tenders **18**
w/ dipping sauce
Fluffy rice
Broccoli
Mixed Fruit, Milk

Uncle Rico's Pizza **19**
Cheese or Pepperoni
Mixed Vegetables
Chilled Peaches
Milk

Rotini & Meatballs **20**
w/ sauce
Green Beans
Breadstick
Variety of fruit, Milk

Soft Shell tacos w/ meat **21**
sauce, cheese, lettuce, salsa,
sour cream
Black beans, Corn
Applesauce, Milk

Cheese Filled Breadstick **22**
w/ tomato dipping sauce
Garden Salad w/ dressing
Apple Slices
Milk

Turkey Hot Dog on a roll **25**
Potato Smiles
Corn
Fresh Orange Wedges
Milk

Uncle Rico's Pizza **26**
Cheese or Pepperoni
Steamed Peas
Chilled Pears
Milk

Orange Chicken **27**
Stir fried Rice
Broccoli
Mixed Fruit
Milk

Meatball Sub **28**
w/ mozzarella cheese
Oven Baked Fries
Green Beans
Variety of Fruit, Milk

No School **29**

Good Friday

Assorted Wraps, Sandwiches, Garden Salad and Grab & Go Hummus Meal – Served w/ a fresh vegetable cup.
MENU SUBJECT TO CHANGE WITHOUT NOTICE