

MARCH 2018

SPENCER VAN ETTEN CENTRAL SCHOOL

Monday

Tuesday

Wednesday

Thursday

Friday

Did You Know...

An old proverb says, "March comes in like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.

5
SPAGHETTI AND MEAT SAUCE
PLAIN BUTTER ALSO AVAILABLE
MEDLEY OF FRESH STEAMED VEGETABLES
WHEAT DINNER ROLL
MARGARINE

6
TACO TUESDAY
CRISPY CORN SHELL
SERVED WITH MEXICAN SEASONED GROUND MEAT, MEXICAN BEANS
SHREDDED LETTUCE, DICED TOMATOS
SHREDDED CHEDDAR CHEESE

7
TURKEY SUBS
SLICED TURKEY BREAST
SLICED AND SERVED ON A WHEAT ROLL
LETTUCE, TOMATO, CHEESE
SLICED RED ONION @MS/HS ONLY
BAG OF PRETZELS

8
SWEDISH MEATBALLS
SEASONED MEAT BALLS
SIMMERED IN A SOURCREAM SAUCE
SERVED OVER EGG NOODLES
STEAMED BROCCOLI
WHEAT DINNER ROLL
MARGARINE

2
CHEESE PIZZA
MADE ON FRESH CRUST
TATER TOTS
APPLE SAUCE
FIELD GREEN SALAD
WITH ITALIAN DRESSING

9
TEACHERS CONFERENCE DAY!
NO SCHOOL

12
CHICKEN NOODLE CASSEROLE
WHITE MEAT CHICKEN IN A CREAMY WHITE SAUCE
WITH BROCCOLI AND CHEESE
HOMEMADE OATBRAN BREAD
APPLE SAUCE

13
BEEF STROGANOFF
SEASONED GROUND BEEF IN A BROWN SAUCE, SOUR CREAM
SERVED OVER EGG NOODLES
STEAMED GREEN PEAS

14
CHEESEY LASAGNA
LAYERED WITH 3 CHEESE IN A TOMATO SAUCE
STEAMED SEASONED GREEN BEANS
WHEAT DINNER ROLL
MARGARINE

15
CHICKEN SPEEDIES
MARINATED CHICKEN BREAST IN A OIL VINEGAR BASE, GARLIC AND OREGANO
SERVED ON A WHEAT ROLL
STIR FRIED RICE AND VEGETABLES

16
PASTA MARNARA
PLAIN BUTTER AVAILABLE
PARMESAN SHAKER CHEESE
STEAMED GREEN BEANS
WHEAT DINNER ROLL
MARGARINE

19
BRUNCH LUNCH
FRENCH TOAST STICKS
SCRAMBLED EGGS
HOMEFRIED POTATOS
SAUSAGE PATTY
SYRUP CUPS

20
CHICKEN BURRITO
FLOUR TORTILLIA ROLLED UP WITH SEASONED CHICKEN MEAT
TOPPED WITH SALSA AND CHEDDAR CHEESE
STEAMED RICE, MEXICAN BEANS

21
RIGATON'S AND MEAT SAUCE
GROUND BEEF SIMMERED IN A TOMATO SAUCE
STEAMED SPINACH
HOMEMADE OAT BRAN BREAD
PAT OF MARGARINE

22
MEAT BALL SUBS
SERVED ON A WHEAT ROLL
SWEET POTATO FRIES
MEDLEY OF SAUTE FRESH VEGETABLES

23
CHEESE PIZZA
STEAMED BROCCOLI
FRESH FRUIT CUPS
CONSISTING OF 3 TYPES
MELONS, KIWI
FRUIT, FRESH STRAWBERRIES, FRESH PINEAPPLES

SPRING

RECESS

SPRING

RECESS

SPRING

RECESS

SPRING

RECESS

SPRING

RECESS

A La Carte

P&B JELLY SANDWICH
FRESH SIDE SALADS
VARIETY CONDIMENTS
FRESH FRUIT/CANNED
FRUIT IN EXTRA LITE SYRUP
100% WHOLE GRAIN ENRICHED BREAD AND ROLLS
100% ONLY FRUIT JUICE
(TUE/THUR ELEM/MIDDLE EVERYDAY AT HIGH SCH
SKIM & FAT FREE CHOC SALAD BAR EVERY DAY @ HIGH SCHOOL

PRICING:

BREAKFAST	\$1.25
LUNCH ELEM	\$2.30
MS/HS	\$2.55
REDUCED	\$.25
ADULTS	4.25

School News

BREAKFAST MENU:
MON:COLD CEREAL
TUE :BRKFAST ON STICK
WED: BREAKFAST PIZZA
THU BRKFAST SANDWICH
FRI: FRUIT SMOOTHIES

ASSORT CEREALS, GRANOLA BARS, GRAHAM CRACKERS AVAILABLE EVERY MORNING AT ALL THREE SCHOOLS
IF YOUR FINANCIAL SITUATION CHANGED RECENTLY YOU MAY BE ELIGIBLE FOR FREE AND OR REDUCED MEALS.
CHECK OUR WEB SITE FOR DETAILS
QUESTIONS; JERRY CARR
FOOD SERVICE DIRECTOR
589-7150