

Edmeston School March 2011

Monday	Tuesday	Wednesday	Thursday	Friday
<p>"Food For Thought" The ECS Food Service Department continually strives to improve the general wellness of our students. To attain that goal, it is very important for parents and children to communicate by discussing the menu options available. At ECS we offer many daily food choices. We request that parents view the menu and guide their children to the choices they feel are best. Bon Appetite</p>				
				Assorted bread basket available 7-12
C-CHIP OR BRAN MUFFIN 28 CHICKEN NUGGETS DIPPING SAUCE SCALLOPED POTATOES MIXED VEGETABLES WHEAT BREAD	SAUSAGE +CHEESE MUFFIN 1 NACHO FIESTA TACO MEAT W/ CHEESE SAUCE TOSSED SALAD SALSA /CORN BREAD VEGGY BROWN RICE	HAM AND CHEESE BAGEL 2 CHICKEN AND BISCUIT OR CHICKEN/BROCCOLI ALFREDO WRAP BUTTERNUT SQUASH OATMEAL CHOC CHIP COOKIE	BAGEL AND CREAM CHEESE 3 CHEESE PIZZA OR HAM AND CHEESE STROMBOLI TOMATO SAUCE CORN	HAM + CHEESE ENG. MUFFIN 4 BAKED LASAGNA W/ BEEF or VEGETABLE LASAGNA PEAS + CARROTS GARLIC BREAD
PANCAKES AND SAUSAGE 7 CHICKEN PATTY ON WHEAT BUN MIXED VEGETABLES MULTI GRAIN GARLIC SPIRALS ICE JUICEE	BAGEL AND CREAM CHEESE 8 MACARONI AND CHEESE OR PULLED TURKEY BBQ ON BUN FRESH BROCCOLI CORN BREAD RHUBARB +CHERRY CRISP	HAM +CHEESE ENG MUFFIN 9 SPAGHETTI WITH MEATBALL OR CHICKEN W/ ALFREDO SAUCE GARLIC BREAD MIXED VEGETABLES TOSSED SALAD	BACON AND CHEESE MUFFIN 10 HAMBURGER OR CHEESEBURGER ON A WHEAT BUN PICKLES FRANCONIA POTATOES PETIT PEAS	HOT HAM AND CHEESE BAGEL 11 CHEESE PIZZA OR THREE CHEESE WHITE PIZZA CORN GREEK SALAD
BACON AND CHEESE MUFFIN 14 MEAT LOAF + BROWN GRAVY BAKED POTATOES PEAS + CARROTS BISCUITS	BAGEL AND CREAM CHEESE 15 CHICKEN NUGGETS W/DIPPING SAUCE WHOLE WHEAT DINNER ROLL MASHED SWEET POTATOES CORN	SAUSAGE +CHEESE MUFFIN 16 MIDDLE EASTERN DAY LEMON CHICKEN STRIPS QUINOA (KEEN-WA) SALAD HUMMOS AND PITA BREAD GREEK SALAD/ CHOCOLATE CHIP COOKIE	HAM AND CHEESE BAGEL 17 BRUNCH FOR LUNCH BAGEL OR WAFFLES SAUSAGE LINKS EGG +CHEESE OMELET POTATO PUFFS	18 CONFERENCE DAY NO SCHOOL FOR STUDENTS
WAFFLES AND SAUSAGE 21 HOT DOG ON A WHEAT BUN ROASTED POTATOE WEDGES BAKED BEANS SAUERKRAUT	HAM AND CHEESE BAGEL 22 CHEESE PIZZA OR HOT WING PIZZA CORN GREEK SALAD	SAUSAGE +CHEESE MUFFIN 23 HAMBURGER OR CHEESEBURGER ON A WHEAT BUN PICKLES FRANCONIA POTATOES GREEN BEANS	BAGEL AND CREAM CHEESE 24 TOMATO SOUP OR CHICKEN VEGGY SOUP TOASTED CHEESE SANDWICH VEGGY PASTA SALAD	SAUSAGE + CHEESE MUFFIN 25 NACHOS FIESTA WITH TACO MEAT AND CHEESE SAUCE TOSSED SALAD / SALSA VEGGY BROWN RICE CORN BREAD
C CHIP OR BRAN MUFFIN 28 HAMBURGER OR CHEESEBURGER ON A WHEAT BUN PICKLES FRANCONIA POTATOES FRESH STEAMED CARROTS	HAM AND CHEESE BAGEL 29 ROAST TURKEY AND GRAVY PEAS AND CARROTS MASHED POTATOES COUNTRY WHEAT BREAD RHUBARB +CHERRY CRISP	BACON AND CHEESE MUFFIN 30 CHICKEN PATTY ON WHEAT BUN FRESH BROCCOLI MULTI GRAIN GARLIC SPIRALS BREAD PUDDING	ENGLISH MUFFIN PIZZA 31 BRUNCH FOR LUNCH BAGEL OR WAFFLES SAUSAGE LINKS EGG +CHEESE OMELET POTATO PUFFS FRUIT OR JUICE	ALL BREAKFASTS.... AT E.C.S. INCLUDE MEAT (OR MEAT ALTERNATE) OR BREAD, MILK, FRUIT OR JUICE ALL LUNCHESES.... AT E.C.S. INCLUDE MEAT (OR MEAT ALTERNATE), BREAD, FRUIT, VEGETABLE, MILK

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