Menus for March 2020

URSULINE SCHOOL

Food Bytes

School Breakfast—Out of This World

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Continental Breakfast will be available in the main serving area starting at 7:40am

Grab And Go Cart :

Available during lunch hours

***While we are not a peanut free school, we do have a peanut free table set aside in the Café.**

***You can look in Moodle under Cafeteria for a complete price list!**

- **Please have money on your account**
- **Checks will Always be accepted at the registers during breakfast hours. Please log into www.mypaymentsplus.com to check the balance, set up low balance notifications**

March

- National Nutrition Month
- National Agriculture Day (March 24)
- National School Breakfast Week (March 2-6)

Monday, March 2	Tuesday, March 3	Wednesday, March 4	Thursday, March 5	Friday, March 6
GF**Chicken Scarpariello** (Chicken sautéed with sliced sausage and peppers) Rice Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, GF Baked Potato **Alt:** Chefs Choice **Burrito:** Chicken Cheddar & Guacamole	**Caribbean Delight** Beef Empanada served with Jamaican style rice and beans (contains coconut milk) Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, **ALT**: Hot Dog Vegetable of the Day	**Pasta Wednesday** **Rotini Pasta** with a side of meatball optional GF Pasta available Salads, Sandwiches, Salad Bar, Self serve Yogurt, **Baked Potato** with veggie, sour cream or Butter **Alt:** Meatball Wedge **Burrito:** Chicken Cheddar & Chipotle	**Soft Flour Taco** filled with chicken and a special sauce, topped with cilantro Sautéed zucchini with garlic and oil Alt: GF **Baked Potato**	**8th grade retreat** **Individual Mini Pan Pizza** Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, **ALT**: Pancakes/ Hash browns GF Waffles available Grilled MOZZARELLA
Monday, March 9	**Tuesday, March 10**	**Wednesday, March 11**	**Thursday, March 12**	**Friday, March 13**
Chicken Tenderloins, Mashed Potato Corn Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, **Alt:** Chicken Parmigiana And GF Baked Potato	**Firehouse Chili** GF Ground beef, kidney beans, served over nacho chips or rice Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, **Alt:** Hot Dog Vegetable of the Day	**Rotini Pasta** with a side of meatball optional GF Pasta available Salads, Sandwiches, Salad Bar, Self serve Yogurt, GF **Baked Potato** with veggie, sour cream or Butter **Alt:** Meatball Wedge **Burrito:** Chicken Cheddar & Chipotle	**TACO DAY** Beef Tacos with shredded Cheddar, Sour Cream, (GF with no taco shell) Shredded Lettuce Salsa Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, Vegetable of the Day	**7th grade retreat** **Mozzarella Sticks** with a marinara dipping sauce Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, **Alt:**Pancakes/ Hash browns GF Waffles available **Panini:** Grilled Cheese
Monday, March 16	**Tuesday, March 17**	**Wednesday, March 18**	**Thursday, March 19**	**Friday, March 20**
BRUNCH FOR LUNCH 3 Pancakes served with a side of 2 sausage links, butter and syrup 2 GF Waffles can be Substituted or Ribs on a roll Chicken Nuggets on Salad Bar Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, **ALT**: Buffalo Chicken	**A TASTE OF GREECE** Strips of meat rolled into a flat pita smothered with lettuce, onions and tomatoes in a traditional Greek yogurt sauce (GF without Pita) Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, **ALT:** Grilled Cheese Vegetable of the Day **Burrito:** Chicken Fajita	**Special Schedule #1** **Pasta Wednesday** **Rotini Pasta** with a side of meat-ball optional GF Pasta available Salads, Sandwiches, Salad Bar, Self serve Yogurt, GF **Baked Potato** with veggie, sour cream or Butter **Alt:** Meatball Wedge **Burrito:** Chicken Cheddar & Chipotle	**Special Schedule #2** GF **Chicken Paella** (small chunks of chicken, peas, onions and chorizo cooked in a yellow Spanish rice served in a bowl Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, **ALT:** Baked Potato **Burrito:** Chicken, cheddar Guacamole	**Individual Mini Pan Pizza** Salads, Sandwiches, Salad Bar, Serve yourself Yogurt **Alt:**Pancakes/ Hash browns GF Waffles available **Panini:** Grilled Cheese
Monday, March 23	**Tuesday, March 24**	**Wednesday, March 25**	**Thursday, March 26**	**Friday, March 27**
Homestyle Chicken Breast Patty Served with Mashed Potato and Corn Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, Chicken Nuggets on the salad Bar **Burrito** : Chicken Pesto Mozzarella wrap	**Mozzarella Sticks** with a marinara dipping sauce Salads, Sandwiches, Bar ALT: Baked Potato GF Vegetable of the Day Or Hot Dog **Panini:** Grilled Cheese	**Special Schedule #1** **Pasta Wednesday** **Rotini Pasta Vodka Sauce** with a side of meatball GF **Pasta available** Salads, Sandwiches, Salad Bar, Self serve Yogurt, **Baked Potato** with veg-gie, sour cream or Butter **Alt:** Meatball Wedge **Burrito:** Chicken Cheddar & Chipotle	**Special Schedule #2** **PIZZA FROM GEMELLI'S PIZZA** ON NORTH AVE! Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, ALT: Meatball Wedge Veggie of the Day **Burrito** Chicken Fajita	**Chinese Lo Mein** with stir fried Vegetables tossed in a unique sweet and sour sauce Salads, Sandwiches, Salad Bar, Serve yourself Yo-gurt, ALT: GF Baked Potato Vegetable of the Day
Monday, March 30	**Tuesday, March 31**			
Chicken Tenderloins, Mashed Potato Corn Salads, Sandwiches, Salad Bar, Serve yourself Yogurt, **Alt:** Chicken Parmigiana And GF Baked Potato	**CHICKEN CORDON BLEU** Mashed Potatoes and corn Salads, Sandwiches, Salad Bar, Self serve Yogurt, **Alt: GF Baked Potato** with veggie, sour cream or Butter **Wrap:** Chicken, Fresh Spinach, Mozzarella and Siracha Mayo		FOOD ALLERGIES? PLEASE SEE CHEF	