

What's on the Menu?

March 2024

Segue Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Daily Offerings
	National School Breakfast Week March 4 – March 8			1 French Toast Sticks Breakfast Syrup	Assorted Cereals Fresh Fruit 100% Fruit Juice 1% Low Fat Milk Fat Free Chocolate Milk
 4 Blueberry Muffin	5 Egg & Cheese on an English Muffin	6 Strawberry Smoothie Scooby Grahams	7 Sausage, Egg, & Cheese on a Bagel	8 Pancakes Sliced Strawberries Breakfast Syrup	
 11 Cranberry Orange Muffin	12 Chicken Sausage, Egg, & Cheese on an English Muffin	13 Very Berry Breakfast Yogurt Parfait with Granola	14 Egg & Cheese on a Bagel	15 No School Staff PD Day	
 18 Apple Muffin	19 Egg & Cheese Wrap	20 Strawberry Smoothie Pepperidge Farm Giant Grahams	21 Ham, Egg, & Cheese on an English Muffin	22 Waffles Breakfast Syrup	
 25 Blueberry Muffin	26 Scrambled Eggs Biscuit	27 Strawberry Breakfast Yogurt Parfait with Granola	28 Pancakes Breakfast Syrup	29 No School Good Friday	



Bring on Breakfast adds excitement to the beginning of the school day by offering delicious food that fuels the day.



Full menus available on Nutrislice!

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This institution is an equal opportunity provider.



Vegetarian



Locally Grown

Meal prices: \$X.XX Lunch, \$X.XX etc.

All meals served with 1% milk or fat free chocolate milk.

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March 2024

Segue Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Daily Offerings
<p>plant power</p> <p>LOCAL LETTUCE</p> <p>4 Breakfast 4 Lunch French Toast Chicken Sausage Patty Hash Brown</p> <p>11 Buffalo Chicken Dip Roasted Carrots Spicy Lime Tortilla Chips</p> <p>18 Orange Chicken Seasoned Brown Rice Roasted Green Beans</p> <p>REVOLUTION NOODLE 25 Thai Sweet Chili Chicken with Soba Noodles</p>	<p>LOCAL LETTUCE</p> <p>5 Beef Tacos Fresh Pico de Gallo LOCAL Gotham Greens Lettuce, Shredded Cheddar, Guac, Sour Cream</p> <p>12 Homemade Meatball Calzone LOCAL Roasted Potato Wedges Roasted Broccoli</p> <p>19 Beef Nachos LOCAL Gotham Greens Lettuce, Pico de Gallo, Shredded Cheddar, Guacamole Sour Cream</p> <p>LOCAL LETTUCE</p> <p>26 Cheese Quesadilla Corn & Black Bean Salsa</p>	<p>Global Eats</p> <p>6 LOCAL Butternut Squash Soup Toasty Grilled Cheese Sandwich</p> <p>13 Watermelon Edamame Poke Bowl Edamame, Lettuce, Cucumbers, Watermelon & Brown Rice with a Creamy Sriracha Dressing</p> <p>20 Vegetarian Baja Bean Taco Mexicali Corn</p> <p>27 LOCAL Baked Potato Vegetarian Chili with LOCAL Butternut Squash Shredded Cheddar Corn Bread</p>	<p>INDIA</p> <p>7 Chicken Tikka Masala Basmati Rice</p> <p>CHINA</p> <p>14 Sticky Soy Ginger Glazed Chicken Ginger Scallion Steamed Rice</p> <p>CHINESE</p> <p>21 Chicken Fricassee Herb & Spice Smothered Chicken & Vegetables Dinner Roll</p> <p>BBQ</p> <p>28 Beef Brisket Tostado Elotes Corn</p>	<p>1 Crispy Chicken Drumstick Roasted LOCAL Potatoes</p> <p>8 Burger Bar Assorted Cheeses LOCAL Gotham Green Lettuce, Tomatoes Onions, Pickles, Sautéed Mushrooms Oven Roasted Fries</p> <p>No School Staff PD Day</p> <p>22 Spring Into Greens Salad Bar Grilled Chicken, HB Eggs, Mozzarella/Cheddar Cheese, Croutons Garlic Breadstick</p> <p>29 Baseball Opening Day Sausage, Peppers, & Onions Sub Baked Fries</p>	<p>2 tomato Cheese & Pepperoni Pizza Specialty Pizza</p> <p>grilled Cheeseburgers, Chicken Patty, Spicy Chicken Patty, Chicken Nuggets or Tenders Baked Fries</p> <p>extra extra A Variety of Fruit, Vegetables, or Salads (Fresh, LOCAL, or Canned)</p> <p>ON THE GO Sandwiches, Wraps, Salads, Yogurt Parfaits, and Smoothies</p> <p>Veg Out Veggie Burgers, Grilled Cheese, Roasted Veggie Wrap</p>

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Supper Menu - March 2024



				1
				BBQ Chicken Wrap Baby Carrots Apple Milk
4	5	6	7	8
Chicken Caesar Wrap Celery Sticks Grapes Milk	Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk	Chicken Club Sandwich Cucumbers Fruit Cocktail Milk	Egg Salad Sandwich Buffalo Cauliflower Pear Milk	Buffalo Chicken Wrap Baby Carrots Apple Milk
11	12	13	14	15
Chicken Salad Sandwich Three Bean Salad Honeydew Melon Milk	Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk	Tuna Salad Sandwich Cucumbers Apple Milk	Buffalo Popcorn Chicken Wrap Broccoli Orange Milk	No School Staff PD Day
18	19	20	21	22
Chicken Salad Sandwich Three Bean Salad Honeydew Melon Milk	Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk	Tuna Salad Sandwich Cucumbers Apple Milk	Buffalo Popcorn Chicken Wrap Broccoli Orange Milk	Buffalo Chicken Wrap Baby Carrots Apple Milk
25	26	27	28	29
Chicken Salad Sandwich Three Bean Salad Honeydew Melon Milk	Turkey, Apple, & Swiss Sub Grape Tomatoes Juice Milk	Tuna Salad Sandwich Cucumbers Apple Milk	Buffalo Popcorn Chicken Wrap Broccoli Orange Milk	BBQ Chicken Wrap Baby Carrots Apple Milk

Any questions,
please contact
the Director of
Dining Services,
or at @copass-
usa.com

All items are made with whole grains.
All meals are served with a variety of fruits and vegetables, local when available.
All meals are served with milk (1% low fat white or fat free chocolate).
Menu is subject to change.
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