



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>March 9</b> Maple Burst Pancakes with Egg Patty, Potato Puffs Cinnamon applesauce and Milk <u>Gluten Free Choice</u> Waffles Elementary Sandwich Lunch Peanut Butter and Fluff or yogurt lunch</p>	<p><b>March 10</b> Turkey Hot Dogs Steamed Carrots, Baked beans, Assorted Veggie Sticks 100% Juice and Milk <u>Gluten Free Choice</u> Turkey Hot Dog Elementary Sandwich Lunch Ham and cheese or yogurt lunch</p>	<p><b>March 11</b> Macaroni and Cheese, Steamed Peas, Carrot Sticks with Dip Assorted Fruit Choice, Milk <u>Gluten Free Choice</u> Chicken Tenders Elementary Sandwich Lunch Egg salad sandwich on a roll or yogurt lunch</p>	<p><b>March 12</b> Chicken Fajita's with lettuce Cheddar Cheese and Salsa, Seasoned brown rice, Fresh fruit, 100% juice and Milk <u>Gluten Free choice</u> Chicken Fajita's with corn chips Elementary Sandwich Lunch Turkey sandwich or yogurt lunch</p>	<p><b>March 13</b> Chili with Beef and Beans, Cheese filled breadstick, Celery sticks with dip Fruit choice, Milk <u>Gluten free choice</u> Toasted cheese sandwich Elementary Sandwich Lunch Tuna Salad or yogurt lunch</p>
<p><b>March 16</b> Garden veggie burger on a roll with cheese lettuce and tomatoes, sweet potato French fries, Fruit choice and milk <u>Gluten Free Choice</u> Garden burger on a roll Elementary sandwich lunch Peanut butter and fluff or yogurt lunch</p>	<p><b>March 17</b> Turkey corn dog Vegetarian baked beans Celery sticks with peanut butter Assorted fresh fruit, 100% juice and milk. <u>Gluten Free Choice</u> Toasted Cheese Sandwich Elementary sandwich lunch Peanut butter and fluff or Yogurt lunch</p>	<p><b>March 18</b> Chicken patty on a roll, with Garden salad, French-fries, fruit Choice, and Milk. <u>Gluten Free Choice</u> Chicken Tenders Elementary Sandwich Lunch Ham &amp; cheese sandwich or yogurt lunch</p>	<p><b>March 19</b> Pasta with meat sauce, garlic breadstick, steamed green beans, cucumber slices Assorted Fresh Fruit, 100% juice, milk <u>Gluten Free choice</u> Pasta with meat sauce Elementary Sandwich Lunch Turkey and cheese sandwich or yogurt</p>	<p><b>March 20</b> French toast sticks, turkey sausage, potato puffs, cinnamon applesauce and milk <u>Gluten free choice</u> Waffles Elementary Sandwich Lunch Tuna salad on a roll or yogurt lunch</p>
<p><b>March 23</b>  <b>Professional development day</b>  <b>No school</b></p>	<p><b>March 24</b> Chicken Tenders Whipped potatoes Steamed corn, wheat roll, pineapple chunks, 100% juice and Milk <u>Gluten Free Choice</u> Chicken Tenders Elementary sandwich lunch Ham &amp; cheese sandwich or yogurt lunch</p>	<p><b>March 25</b> Warm Ham &amp; Cheese on Croissant, Tossed Green Salad, Steamed Carrots, Fresh Oranges, Milk <u>Gluten Free Choice</u> Warm Ham &amp; Cheese Elementary Sandwich Lunch Egg Salad sandwich or yogurt lunch</p>	<p><b>March 26</b> Cheese or pepperoni pizza, steamed broccoli, veggie sticks with dip, 100% juice and milk <u>Gluten Free choice</u> Cheese or pepperoni pizza Elementary Lunch Turkey and cheese sandwich or yogurt lunch</p>	<p><b>March 27</b> Fish Nuggets Potato Wedges Veggie Sticks, Assorted Fruit, Milk <u>Gluten Free Choice</u> Cheeseburger Elementary Lunch Tuna salad on a roll or yogurt lunch</p>
<p><b>March 30</b> Mozzarella sticks with dipping sauce, warm pretzel, carrot sticks, assorted fresh fruit, milk <u>Gluten free choice</u> Peanut butter and fluff sandwich Elementary sandwich lunch Peanut butter and fluff or yogurt lunch</p>	<p><b>March 31</b> Chicken nuggets, warm wheat roll, garden salad, fresh fruit choice, 100% juice, milk <u>Gluten free choice</u> Chicken tenders Elementary sandwich lunch Ham and cheese sandwich or yogurt lunch</p>	<p><b>April 1</b> Pasta with meat sauce, leafy green salad, Garlic breadstick, Green beans, fruited jell-o, and milk <u>Gluten Free Choice</u> Pasta with meat sauce Elementary Sandwich Lunch Egg salad sandwich or yogurt lunch</p>	<p><b>April 2</b> Assorted pizza, veggie sticks with dip, steamed broccoli, 100% Juice, milk <u>Gluten Free Choice</u> Assorted pizza Elementary Sandwich Lunch Turkey &amp; cheese sandwich or yogurt lunch</p>	<p><b>April 3</b> Hamburger on a wheat roll, oven fries, steamed corn, applesauce, milk <u>Gluten Free Choice</u> Hamburger on a bun Elementary Sandwich Lunch Tuna Salad on a roll or yogurt lunch</p>

Alternate lunch choices include all five-food group components. All juice drinks are 100% juice. This menu is subject to change without notice. Please remember applications for Free and Reduced Lunch is available on the Ashford School Website [www.AshfordCt.org](http://www.AshfordCt.org); please have your child bring his or her prepayments to cafeteria when entering school in the morning. NO PREPAYMENTS CAN BE ACCEPTED DURING LUNCH!

**The 5 Meal Components for School Lunch:**

- Meat or meat alternate
- Grain
- Fruit
- Vegetable
- Milk

You choose **at least** 3 including  $\frac{1}{2}$  cup of vegetable or fruit and at least 2 other components. For best nutrition, choose all 5!

We also offer a gluten-free option everyday!

**Breakfast** is available everyday for \$1.25. We have bagels, muffins, cereal, yogurt, eggs, egg and cheese sandwiches, wheat breakfast buns, wheat pancakes, and wheat French toast. Included with breakfast is milk and fruit or 100% juice.

**Yogurt Bag** lunches include:

- 4 oz Trix yogurt
- Cheese stick
- Juice box
- Assorted whole grain choice
- Fruit
- Veggie Sticks