





# Aiken Elementary School Menu - March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
 On the 11th, 18th & 25th	<b>Milk Choices offered daily include low fat &amp; fat free unflavored or flavored milk</b>		1 <b>V-Cheese Pizza D</b> Plain or Assorted Toppings or <b>V-Peanut Butter &amp; Jelly Sandwich with Cheese Stick D</b> Roasted Chick Peas <b>Assorted Fresh Fruits &amp; Vegetables</b>	
4 <b>French Toast Sticks E,D</b> Sausage Patty Sweet Potato Sticks or <b>V-Peanut Butter &amp; Jelly Sandwich with Cheese Stick D</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	5 <b>V-Pasta and Marinara Sauce</b> or Meat Sauce Green Bean, Cranberry & Sunflower Seed Salad or <b>Turkey on Wheat Bread</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	6 <b>Baked Potato Bar</b> with Taco or Broccoli Topping Steamed Corn or <b>Tuna Salad on Wheat E</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	7 <b>Kicken Chicken Leg</b> Plain or BBQ with Rice & Bisquit Black Beans or <b>V-Bagel &amp; Cream Cheese D</b> <b>with Yogurt &amp; Cheese Stick D</b>	8 <b>V-Cheese Pizza D</b> Plain or Assorted Toppings or <b>V-Peanut Butter &amp; Jelly Sandwich with Cheese Stick D</b> Baby Carrots w/ Dip <b>Assorted Fresh Fruits &amp; Vegetables</b>
11 <b>V-Cheese Calzone D</b> with Marinara Sauce Crisp Corn or <b>V-Peanut Butter &amp; Jelly Sandwich with Cheese Stick D</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	12 <b>V-Cheese Tortellini</b> with Creamy Marinara Garden Salad or <b>Turkey on Wheat Bread</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	13 <b>SALAD BAR</b> Make Your Own! Chicken Noodle Soup Bread Choice or <b>Yogurt &amp; Fruit Smoothie</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	14 <b>V-Cheese Pizza D</b> Plain or Assorted Toppings Oven Fries or <b>V-Bagel &amp; Cream Cheese D</b> <b>with Yogurt &amp; Cheese Stick D</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	15  <b>Shamrock Chicken Nuggets</b> Seasoned Potato Wedges or <b>V-Peanut Butter &amp; Jelly Sandwich with Cheese Stick D</b> Baby Carrots w/ Dip <b>Assorted Fresh Fruits &amp; Vegetables</b>
18 <b>V-Cheese Quesadilla D</b> Tomato Soup wwith Saltines or <b>V-Peanut Butter &amp; Jelly Sandwich with Cheese Stick D</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	19 <b>Pasta</b> with Alfredo Sauce & Roasted Chisken or <b>Turkey on Wheat Bread</b> Fresh Steamed Broccoli <b>Assorted Fresh Fruits &amp; Vegetables</b>	20 <b>Chicken &amp; Waffle Sandwich E,D</b> Roasted Red Potatoes Steamed Corn or <b>Tuna Salad on Wheat E</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	21 <b>Hot Dog on a Bun</b> Confetti Corn Salad or <b>V-Bagel &amp; Cream Cheese D</b> <b>with Yogurt &amp; Cheese Stick D</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	22 <b>V-Cheese Pizza D</b> Plain or Assorted Toppings Roasted Chick Peas or <b>V-Peanut Butter &amp; Jelly Sandwich with Cheese Stick D</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>
25 <b>V-Mozzarella Sticks D</b> with Marinara Sauce Warm Bread Stick Carrot Coins or <b>V-Peanut Butter &amp; Jelly Sandwich with Cheese Stick D</b>	26 <b>V-Mac &amp; Trees</b> (Macaroni & Cheese with Broccoli) Vegetable Medley or <b>Turkey on Wheat Bread</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	27 <b>TACO SALAD BAR</b> Add Your Toppings! Vegetarian Options Available Chili Bean Soup Bread Choice or <b>Yogurt &amp; Fruit Smoothie</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	28 <b>Sweet &amp; Sour Chicken</b> Steamed Brown Rice Asian Mix Vegetables or <b>V-Bagel &amp; Cream Cheese D</b> <b>with Yogurt &amp; Cheese Stick D</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>	29 <b>V-Cheese Pizza D</b> Plain or Assorted Toppings Baby Carrots w/ Dip or <b>V-Peanut Butter &amp; Jelly Sandwich with Cheese Stick D</b> <b>Assorted Fresh Fruits &amp; Vegetables</b>
This institution is an equal opportunity provider		<b>Additional Fresh Fruits &amp; Vegetable choices are offered daily with all meals.</b>		

Food allergy information: All hot meals are peanut, tree nut free and Trans fat Free; most meals contain soy, wheat and gluten - Please contact Tim Prosincki, Food Service Director at (860) 561-6610 to discuss an alternate meal plan for your child. Key: E = contains egg; D = contains milk/dairy; V = vegetarian option

**\*Menu Subject to Change Without Notice**