

# MARCH 2018

## Canastota Central School

*Monday*

*Tuesday*

*Wednesday*

*Thursday*

*Friday*

### Did You Know...

An old proverb says, "March comes in like a lion, and goes out like a lamb," which is reference to winter ending and spring beginning. Another popular saying is "March is mad as a hare," which is a reference to the animals fighting each other.

Hot Ham & Cheese on a Pretzel Bun **5**

Steamed Carrots  
French Fries  
Assorted Fruit

TACO TUESDAY Taco (Hard or Soft) **6**

Lettuce, Tomato, Cheese  
Refried Beans  
Chilled Pears/Apple

Pepperoni OR Garlic Pizza **7**

Broccoli (steamed)  
Assorted Fruit

Chicken Nuggets/WG Roll **1**

Steamed Corn  
Veggie Juice  
Apple/ Fruit Cup

Read Across America Day Fish Taco On WG Wrap **2**

Romaine/Tomato  
Carrot Sticks  
Dr. Seuss Juice Rush Cup  
Asst. Fruit Cup

Meatball Sub **12**

Carrots (steamed)  
Baked Beans  
Assorted Fruit

Sampler Lunch **13**

Chicken Strip/Mozz Stick  
Marinara Sauce/Dip  
Green Beans/WG Roll  
Fruit Cup/Grapes

Chicken Ranch OR Garlic Pizza **14**

Rainbow Raw Veggies  
Assorted Fruit

Roast Turkey/Roll **15**

Potatoes w/Gravy  
Peas & Carrots  
Orange/Fruit Cup

Superintendent's Conference Day **16**

NO SCHOOL

Hamburger on a Bun **19**

French Fries  
Baked Beans  
Asst. Fruit Cup/Apple

Chicken Fajita Wrap **20**

Rice/Peppers & Onions  
Green Beans  
Fruit Cup/Apple

Cheese OR Garlic Pizza **21**

Carrot Sticks/Dip  
Assorted Fruit

Homemade Spaghetti with Meatballs **22**

Broccoli  
WG Roll & Butter  
Orange/Fruit Cup

Toasted Cheese **23**

Sweet Tater Tots  
Creamy Coleslaw  
Fruit Cup

French Toast Sticks **26**

Breakfast Sausage  
Carrot Sticks  
Veggie Juice  
Warm Applesauce

Deli Choice Turkey or Egg Salad **27**

Romaine/Lettuce, Tomato  
French Fries  
Fruit Cup/Banana

"Big Daddy Pizza" Cheese OR Garlic Pizza **28**

Broccoli (steamed)  
Assorted Fruit

Pizza Crunchers/Roll **29**

Peas (steamed)  
Marinara Sauce  
Assorted Fruit Cup

Good Friday **30**

NO SCHOOL

### A La Carte

K-3  
Cheese OR Garlic Pizza  
6oz Yogurt with String Cheese and Roll  
PB&J Sandwich on Whole Grain Bread  
4-12  
Cheese or Garlic Pizza  
Asst Deli Sandwich on Whole Grain Bread  
Asst Salad with Whole Grain Roll  
Chicken Patty on a WG Bun

### School News

March 16<sup>th</sup> Supt. Day—  
No School

March 30<sup>th</sup> Good Friday—  
No School

Meal Prices K-5 6-12

Breakfast \$1.10 \$1.10  
Lunch \$2.05 \$2.25

\*Menu subject to change