



Fort Edward Union Free School District Lunch March 2020

2
BBQ Pork on
WG Roll
Vegetarian Beans ½ C
Green Beans ½ Cup
Apple Sauce ½ C
½ Pint of Milk

3
**Brunch
For Lunch**
WG Pancakes,
Chicken Sausage
Tater Tots ½ C
Broccoli ½ Cup
Strawberries ½ Cup
½ Pint of Milk

4
Hamburger or
Cheeseburger on
WG Roll
Oven Baked Fries ½ C
Mixed Fruit ½ C
½ Pint of Milk

5
Nachos with
Seasoned Turkey,
Cheddar Cheese,
Tomato Salsa
Black Beans ½ Cup
Apple Sauce ½ Cup
½ Pint of Milk

6
Cheese or
Pepperoni (p)
and Cheese Pizza
Green Beans ½ C
Diced Pears ½ C
½ Pint of Milk

9
Mac and Cheese
WG Roll
Green Beans ½ Cup
Apple Sauce ½ C
½ Pint of Milk

10
Chicken Patty on
WG Bun
Baked Fries ½ C
Corn ½ Cup
Mixed Fruit ½ C
½ Pint of Milk

11
Grilled Cheese on
WG Bread
Tomato Soup
Broccoli ½ C
Pears ½ C
½ Pint of Milk

12
Turkey Taco
Cheddar Cheese,
Tomato Salsa
Cherry Tomatoes ½ Cup
Vegetarian Beans ½ C
Ripe Banana
½ Pint of Milk

13
Cheese or
Pepperoni (p)
and Cheese Pizza
Carrots ½ C
Diced Pears ½ C
½ Pint of Milk

16
Hamburger or
Cheeseburger on
WG Roll
Cucumber Slices ½ C
Oven Baked Fries ½ C
Pineapple ½ C
½ Pint of Milk

17
Pasta with Meatballs
WG Bun
Broccoli ½ Cup
Mixed Fruit ½ C
½ Pint of Milk

18
Chicken Fajita on
WG Soft Shell,
Cheese, Salsa
Carrots ½ C
Applesauce – ½ Cup
½ Pint of Milk

19
Nachos with Seasoned
Turkey, Cheddar
Cheese, Tomato Salsa
Red Beans ½ Cup
Apple Sauce ½ Cup
½ Pint of Milk

20
Cheese or
Pepperoni (p)
and Cheese Pizza
Green Beans ½ C
Orange Wedges ½ C
½ Pint of Milk

23
Mac and Cheese
WG Roll
Green Beans ½ Cup
Apple Sauce ½ C
½ Pint of Milk

24
**Brunch
For Lunch**
WG Pancakes,
Chicken Sausage
Tater Tots ½ C
Broccoli ½ Cup
Strawberries ½ Cup
½ Pint of Milk

25
Popcorn Chicken Bowl
Mashed Potatoes
And Corn ½ C
WG Biscuit
Mixed Fruit 1/2 C
½ Pint of Milk

26
Turkey Taco
Cheddar Cheese,
Tomato Salsa
Red Beans ½ C
Apple Sauce ½ C
½ Pint of Milk

27
Cheese or
Pepperoni (p)
and Cheese Pizza
Green Beans ½ C
Diced Pears ½ C
½ Pint of Milk

30
Chicken and Broccoli
Alfredo
WG Roll
Carrots ½ C
Pears ½ C
½ Pint of Milk

31
Hot Dog on WG Bun
Beef Chili
Broccoli ½ C
WG Roll
Fresh Apple
½ Pint of Milk

Lunch Prices
Student \$ 2.15
Adult \$3.93 + tax

DAILY ALTERNATE ENTREES:
Grab n Go Assorted Sandwiches:
Grab n Go Assorted Entrée Salads
Bagel with Cream Cheese and Cheese Stick
Yogurt Parfait with Fruit and Granola/Graham Crackers.
Daily Milk Offerings: 1% White, Fat Free White, and Fat Free Flavored

Whole Grain Rolls Offered Daily with All Meals
Daily Side Salad as an additional vegetable, consisting of:
1 cup Romaine Lettuce, Spinach, or Spring Mix with Carrots and other Seasonal Vegetables
Baby Carrots ½ Cup
(P) Denotes item might contain Pork
If you have any questions regarding this menu please contact the Food Service Dept