

C-A MIDDLE SCHOOL BREAKFAST MENU

MARCH 2010

THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE WHEN CONDITIONS WARRANT

MIDDLE SCHOOL BREAKFAST PRICE: \$1.20
 REDUCED SCHOOL BREAKFAST PRICE: \$.25
 MILK: \$.30
 ADULT BREAKFAST: \$1.75
 ADULT MILK: \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/1	3/2	3/3	3/4	3/5
Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or French Toast Sticks Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Colby Cheese on an English Muffin Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Waffle Sticks Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Blueberry Muffin Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Warm Cinnamon Rolls W/ Icing Milk
3/8	3/9	3/10	3/11	3/12
Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Waffle Sticks Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Blueberry Muffin Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Blueberry Muffin Milk
3/15	3/16	3/17	3/18	3/19
Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or French Toast Sticks Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Colby Cheese on an English Muffin Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Waffle Sticks Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Blueberry Muffin Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Warm Cinnamon Rolls W/ Icing Milk
3/22	3/23	3/24	3/25	3/26
Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Waffle Sticks Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Blueberry Muffin Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or French Toast Sticks Milk	SUPERINTENDENT CONFERENCE DAY NO SCHOOL
3/29	3/30	3/31	4/1	4/2
Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or French Toast Sticks Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Colby Cheese on an English Muffin Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Waffle Sticks Milk	Apple or Orange Juice Choice of Cereals or Toasted Bagel w/Cream Cheese or Sausage, Egg and Cheese on an English Muffin or Blueberry Muffin Milk	GOOD FRIDAY NO SCHOOL

If you have any questions regarding our NEW FOOD BASED MENU or if you feel you may qualify for the FREE AND REDUCED MEAL PROGRAM, please contact Chris Bateman, Food Service Director at 731-1821 or batemanc@coxsackie-athens.org
 PRE-PAY ONLINE: Log onto www.mynutrikids.com.
 If you have any questions, please call Sara Huther at 731-1821 or huthers@coxsackie-athens.org.

C-A MIDDLE SCHOOL LUNCH MENU

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ALL LUNCHES INCLUDE	Chilled Canned Fruits	SCHOOL LUNCH PRICE: \$2.10
Entrée (Meat or Alternate) or	Fresh Fruit Available Daily	REDUCED SCHOOL LUNCH PRICE: \$.25
Grilled Cheese Sandwich or	Choice of milk	ADULT LUNCH: \$3.00
P.B. & J Served on 100% Wheat Bread		ADULT SALAD: \$3.25
Potatoes, Salad, Vegetable,		EXTRA MILK: \$.30
Bread, Pasta, Rice, Tortilla Chips & Salsa		ADULT MILK: \$.40
A SALAD PLATE IS AVAILABLE DAILY AS A FULL LUNCH!		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/1	3/2	3/3	3/4	3/5
Chicken Patty on a Whole Wheat Roll Lettuce & Tomato Tater Tots Green Beans Applesauce; Milk	Warm Turkey Cheddar Wrap Chip Pickles Pineapple Milk	Spaghetti W/ Meat sauce Garlic Roll Veggie Sticks W Dip Chilled Pears Milk	Open Faced Hot Turkey Sandwich W/ Gravy Mashed Potatoes Sliced Carrots Chilled Peaches Milk	Homemade Calzone W/ Sauce (Cheese, Pepperoni or Broccoli) Or Tuna Wrap Veggie Sticks W/ Dip Applesauce Milk
3/8	3/9	3/10	3/11	3/12
Chicken Nuggets W/ BBQ or S&S Sauce Macaroni & Cheese Sweet Peas Chilled Peaches Milk	Superbird(Turkey, Bacon & Cheese) Pasta and Broccoli Sliced Carrots Chilled Fruit Milk	Beef Burrito Taco Sauce & Sour Cream Seasoned Rice Salsa Pineapple Tidbits Milk	Hamburger W/ Cheese, Lettuce & Tomato Or Double Dogs Tater Tots Green Beans Sliced Peaches Milk	Cheese or Pepperoni Pizza Side Salad Local Apples Milk
3/15	3/16	3/17	3/18	3/19
Chicken Patty on a Whole Wheat Roll Lettuce & Tomato Tater Tots Green Beans Applesauce; Milk	Ham & Cheese on a Bagel Seasoned Rice Corn Sliced Peaches Milk	Pasta W/ Meat sauce Garlic Roll Green Beans Chilled Pears Milk	Warm Turkey Cheddar Wrap Tater Tots Sliced Carrots Pineapple Milk	Homemade Calzone W/ Sauce (Cheese, Pepperoni or Broccoli) Or Tuna Wrap Veggie Sticks W/ Dip Applesauce Milk
3/22	3/23	3/24	3/25	3/26
Chicken Nuggets W/ BBQ or S&S Sauce Macaroni & Cheese Sweet Peas Chilled Peaches Milk	Homemade Soup & 1/2 Grilled Cheese Chips & Pickles Chilled Fruit Milk	Chicken Fajitas Seasoned Rice Salsa Corn Pineapple Milk	Baked Chicken Mashed Potatoes Sliced Carrots Chilled Fruit Milk	SUPERINTENDENT CONFERENCE DAY NO SCHOOL
3/29	3/30	3/31	4/1	4/2
Ham & Cheese on a Bagel Seasoned Rice Corn Sliced Peaches Milk	Hamburger W/ Cheese, Lettuce & Tomato Or Double Dogs; Tater Tots Sliced Carrots Sliced Peaches Milk	Pasta W/ Meat sauce Garlic Roll Green Beans Chilled Pears Milk	Cheese or Pepperoni Pizza Side Salad Local Apples Milk	GOOD FRIDAY NO SCHOOL

Extra Items Served Daily

Choice of Lite or Fat Free Dressings	Cookies & Desserts - .55 - \$1.00	Bottled Water - .65 - \$1.25
Choice of 1% Choc, 1% White or Skim Milk	Ice Cream - .55 - \$1.00	Healthy Snacks - .55 - \$1.00
	Yogurt - .85 - \$1.00	

Please note: money can be placed on your child's account for lunches and snacks. We will carry any unused lunch money over to the following week or beyond allowing for absences and non-school days. If you have any questions regarding our NEW FOOD BASED MENU or if you feel you qualify for the FREE AND REDUCED MEAL PROGRAM, please contact Chris Bateman, Food Service Director at 731-1821 or batemanc@coxsackie-athens.org

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