**LUNCH MENU**

LUNCH PRICE IS $2.50 • MENU IS SUBJECT TO CHANGE • For more information email hmielnicki@oneida-boces.org

### MARCH 2020 • Westmoreland High School

**MONDAY**

02

- Chicken Nuggets
- Tiny Broccoli Trees
- Steamy Rice

**TUESDAY**

03

- Mexican Tacos
- Lettuce, Cheese, Tomato Cup
- Corn Kernels

**WEDNESDAY**

04

- BBQ Pulled Pork
- Mini Salt Potatoes
- NY Sunshine Bars

**THURSDAY**

05

- Whole Grain French Toast Sticks
- Breakfast Sausage
- Hash Brown Patty

**FRIDAY**

06

- Cheesy Cheese Pizza
- Pepperoni Pizza
- Fresh Garden Salad
- Local Very Berry Yogurt

**MONDAY**

09

- Popcorn Chicken Bites
- Tiny Broccoli Trees
- Tomato Pie

**TUESDAY**

10

- Homemade Chili
- Tortilla Chips
- Corn Kernels

**WEDNESDAY**

11

- Mozzarella Sticks with Dipping Sauce
- Carrot Coins

**THURSDAY**

12

- Dip N Sip (Grilled Cheese & Tomato Soup)
- Tuna Melt
- Fresh Veggie Cup

**FRIDAY**

13

- Cheesy Cheese Pizza
- Buffalo Wing Pizza
- Garden Fresh Salad
- Black Bean Brownie

**MONDAY**

16

- Chicken Patty or Chicken Parmesan Sandwich
- Oven Fries

**TUESDAY**

17

- Popcorn Chicken Bites
- Pesto Chicken Wrap
- Tiny Broccoli Trees
- Pesto Mac & Cheese

**WEDNESDAY**

18

- Local All Beef Hot Dog
- Honey Carrot Bars
- Grape Slushee!

**THURSDAY**

19

- Chicken Riggies!
- Fresh Veggie Cup

**FRIDAY**

20

- Superintendent’s Day - NO SCHOOL!

**MONDAY**

23

- Chicken Tenders
- Tiny Broccoli Trees
- Buttered Rotini

**TUESDAY**

24

- Mexican Tacos
- Lettuce, Cheese, Tomato Cup
- Corn Kernels

**WEDNESDAY**

25

- Local Dino’s Meatball Sub
- Maple Glazed Carrots

**THURSDAY**

26

- Turkey Gravy
- Dinner Roll
- Whipped Potatoes
- Veggie Choice!

**FRIDAY**

27

- Cheesy Cheese Pizza
- Chicken Bacon Ranch Pizza
- Fresh Garden Salad
- Chocolate or Vanilla Pudding

**Available Daily:**
- Fresh Entrée Salads, Party Plates, Assorted Subs and Sandwiches, Peanut Butter and Jelly Sandwich, Assorted Fresh Fruit, Vegetable Cruncher Cups, Variety of Fresh Fruit and Juice, Ice Cold New York State Milk.

**Local Items this Month:**
- Milk, Cheddar Cheese, Yogurt, Butternut Squash, Sweet Potatoes, Mini Potatoes, Apples, Cabbage, Carrots, Pork, Meatballs, Maple Syrup, Salad Greens, Kale, Hot Dogs. Items are bolded on menu.

**Harvest of the Month:** Carrots & Maple Syrup

- Carrots are packed with Vitamin A, which is great for eye health! They are also packed with fiber and antioxidants. Maple Syrup is an all-natural sweetener, high in calcium, thiamin, potassium and copper!

**Foodservice Helper Substitutes Needed in all districts, call 315-738-0848 for more information!**

**Please use My School Bucks to put money on your child’s account, or send in checks to the school. Please do not send cash.**

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