



Windsor School Food Service March 2010 Oliver Ellsworth Menu



Did you know...

You can make deposits online at
www.mymealtime.com
and
View cafeteria purchases

Free or Reduced Lunch Applications
may be obtained at any time during the
school year.

Studies have shown that eating a
nutritious breakfast increases academic
Performance.

Exercise doesn't have to be done all at
once. Encourage your child to be
active throughout the day—small
amounts of time will add up!

Windsor School Food Service partici-
pates in the State of CT Healthy Food
Certification. All our foods and a la
carte offerings comply with the State!

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Assorted Cereal ***** Chicken Tenders w/Roll Mashed Potatoes Seasoned Green Beans Sliced Peaches	French Toast Stix w/Syrup ***** Mini Chicken Corn Dogs Krinkle Kut Fries Veggies & Dip Fruit Cup	Assorted Cereal ***** Teriyaki Chicken Dippers w/Roll Oriental Rice Seasoned Peas Pineapple Chunks	Assorted Donuts ***** Chicken Drumsticks w/Roll Baby Cakes Carrot Coins Diced Pears	Assorted Cereal ***** Personal Pan Pizza Hash Brown Veggies & Dip Teddy Grahams
8	Assorted Cereal ***** Cheeseburger on Roll Krinkle Kut Fries Lettuce & Tomato Mandarin Oranges	Whole Grain Honey Bun ***** Chicken Nuggets w/Roll Mashed Potatoes Niblet Corn Peaches & Cream	Assorted Cereal ***** Pizza Boat Broccoli Hash Browns Fruit Cup	UBR ***** French Toast Stix Turkey Bacon Potato Starz Applesauce	Assorted Cereal ***** Fish Nuggets w/Roll Potato Puffs Veggies & Dip Apricots
15	Assorted Cereal ***** Garlic Cheese Stix w/Marinara Garden Salad Mixed Veggies Fruit Cup	Waffle Stix w/Syrup ***** Chicken Windsor Mashed Potatoes Lettuce & Tomato Cup Chocolate Chip Cookie	Assorted Cereal ***** BBQ Beef Rib on Roll Baby Cakes Seasoned Peas Applesauce	Chicken Biscuit ***** Stuffed Crust Pizza Hash Brown Veggies & Dip Peaches & Cream	Assorted Cereal ***** Clam Roll Krinkle Kut Fries Cole Slaw Diced Pears
22	Assorted Cereal ***** Personal Pan Pizza Hash Browns Veggies & Dip Diced Pears	Smuckers Blueberry Waffle ***** Popcorn Chicken w/Biscuit Mashed Potatoes Seasoned Green Beans Fruit Cup	Assorted Cereal ***** Chicken Shoestrings w/Roll Potato Puffs Niblet Corn Pineapple Chunks Early Release	Mini Strawberry Pancakes ***** Pizza Minis Garden Salad Broccoli Jello Jewels Early Release	Assorted Cereal ***** Grilled Cheese w/Tomato Soup Pretzel Goldfish Veggies & Dip Applesauce Early Release
29	Assorted Cereal ***** Chile Cheese Wrap Mexican Rice Carrot Coins Mandarin Oranges	Egg & Cheese Bagel ***** Turkey Sandwich or PBJ Baked Lays Lettuce & Tomato Veggies & Dip Fresh Fruit	Assorted Cereal ***** Dino Nuggets w/Roll Potato Starz Seasoned Peas Diced Peaches	Breakfast \$1.25 Includes Milk & Juice Lunch \$2.00 Includes Milk A la carte Milk or Ice Cream \$.50	

Alternate:
PBJ Bag Lunch

Alternate:
Turkey Sandwich Bag
Lunch

Alternate:
Chicken Caesar Salad
Bag Lunch

Alternate:
Ham & Cheese
Bag Lunch

Alternate:
Tuna Sandwich
Bag Lunch