

# MARCH 2019

## Wethersfield Lunch Menu

Choose three or more of the five with one being a 1/2c fruit or vegetable or combo. 1. Meat/meat alternate 2. Vegetable 3. Fruit. 4. Whole Grains 5. Milk

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

### DID YOU KNOW...

Alexander Graham Bell made the first ever phone call on 10 March 1876. He called his assistant and said "Mr Watson, come here. I want to see you."

**4**  
Chicken Sticks  
Tri Tater  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Mandarin Oranges \* 9-12  
Dinner Roll  
Milk

**5**  
Chicken Patty on Bun  
Mashed Potatoes w/ gravy  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Pineapple\* Grades 9-12  
Milk

**6**  
Macaroni & Cheese  
Fish Sticks  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Pears \* grades 9-12  
Milk

**7**  
Chicken Fajita  
Soft Shell  
Tortilla Chips  
Cheese Sauce  
Salad Bar w/ variety of Vegetables & Fruits  
\*Pineapple \*9-12  
Milk

**8**  
Personal Size Cheese Pizza  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Mixed Fruit \*grades 9-12  
\*Chex Mix \*grades 9-12  
Milk

**11**  
Chicken Nuggets  
Tater Tots  
Salad Bar w/ variety of Vegetables & Fruits  
\*Pears \* 9-12  
Dinner Roll  
Milk

**12**  
Taco Salad  
Refried Beans  
Salad Bar w/ a variety of Vegetables & Fruits.  
Tortilla Chips  
\*Peaches \* Grades 9-12  
Milk

**13**  
Golden Crispy Boneless Wings  
Dipping Sauces  
Baked Potato  
Salad Bar w/ variety of Vegetables & Fruits.  
\*Apple Sauce \* 9-12  
Blueberry Muffin  
Milk

**14**  
BBQ Rib on Bun  
Salad Bar w/ variety of Vegetables & Fruits  
Side Kicks Fruit Smoothie  
\*Apple Slices \*grades 9-12  
Milk

**15**  
Pizza Hut Cheese  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Orange Slices\* Grades 9-12  
\*\* Goldfish Crackers \*\* 6-12  
Milk

**18**  
Mini Turkey Corn Dogs  
\*Granola Bar \* 9-12  
Twister Fries  
Salad Bar w/ a variety of Vegetables & Fruits.  
\*Pears \* grades 9-12  
Milk

**19**  
Hamburger on Bun  
Crinkle Fries  
Salad Bar w/ a variety of Vegetables & Fruits  
\*Applesauce \* 9-12  
Milk

**20**  
Spaghetti w/ Meatsauce  
Salad Bar w/ a variety of Vegetables & Fruits.  
Peaches \*grades-9-12  
Bosco Stick  
Milk

**21**  
**Fill Your Sack Lunch Day!**  
Mini Turkey Sub on Bun  
Carroteenies  
Celery Sticks  
Apple or Orange K-8  
\*Apple and Orange \* 9-12  
Variety of Doritos  
WGR Cookie  
Milk  
No Salad Bar

**22**  
Cheesy Garlic French Bread w/ dipping sauce  
Steamed Broccoli  
Baby Carrots  
Mixed Fruit  
\* Mixed Fruit \* Grades 9-12  
Milk

**25**  
No School  
Apples will be on Salad Bar throughout the month.

**26**  
No School  
**Fun Facts: Apples are low calorie, high in Vitamin C and fiber.**

**27**  
No School  
**Fun Facts: The largest Apple ever picked weighted three pounds. That's the size of a teacup Chihuahua!**

**28**  
No School  
**Fun Facts :There are more that 2,500 varieties if apples grown in the U.S. 7,500 varieties grown around the world.**

**29**  
No School  
**Fun Facts: It take about 36 apples to make ne gallon of apple cider. Its takes Two pounds of apples to make a 9 inch apple pie.**

### Harvest of the Month: Apples from MI/ IL

#### Salad Bar

Grades K-12

9-12 can choose up to 6 different items from salad bar plus their additional 1/2c fruit.

\*K-8 can choose up to 5 different items from salad bar.

\*Two height sizes of salad bars.

\*Most items are 1/4c servings

\*Vegetables & Fruits.

**\*Salad Bar is included with your hot lunch meal at no extra cost**

We offer 1% unflavored milk and fat free (chocolate or strawberry) flavored milk daily included with the hot lunch tray or can be purchased a la carte. **Milk is a local item!**

**All grains offered are whole grain rich**

**All menus are subjected to change.**

\* This symbol indicates grades 9-12 other menued items that are required. Item is underlined

Extra Grains or meat alternates are offered to grades 9-12 or 6-8 to meet their requirements on selected days.

\*\* This symbol indicates this will be offered to grades 6-8 to meet grain or meat requirements.

**Grades 9-12 \$2.65**

**Grades 6-8 \$2.55**

**Grades K-5 \$2.40**

**Extra Milk .65**

This institute is an equal opportunity provider.

