



Windsor School Food Service March 2010 Roger Wolcott 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	2 French Toast Stix w/Syrup ***** Mini Chicken Corn Dogs Krinkle Kut Fries Veggies & Dip Fruit Cup	3 Assorted Cereal ***** Teriyaki Chicken Dippers w/Roll Oriental Rice Seasoned Peas Pineapple Chunks	4 Assorted Donuts ***** Chicken Drumsticks w/Roll Baby Cakes Carrot Coins Diced Peas	5 Egg & Cheese Biscuit ***** Personal Pan Pizza Hash Brown Veggies & Dip Teddy Grahams
	8 Assorted Cereal ***** Cheeseburger on Roll Krinkle Kut Fries Lettuce & Tomato Mandarin Oranges	9 Whole Grain Honey Bun ***** Chicken Nuggets w/Roll Mashed Potatoes Niblet Corn Peaches & Cream	10 Waffle Stix w/Syrup ***** Pizza Boat Broccoli Hash Browns Fruit Cup	11 UBR ***** French Toast Stix Turkey Bacon Potato Starz Applesauce	12 Egg & Cheese Bagel ***** Fish Nuggets w/Roll Potato Puffs Veggies & Dip Apricots
	15 Sausage Biscuit ***** Garlic Cheese Stix w/Marinara Garden Salad Mixed Veggies Fruit Cup	16 Waffle Stix w/Syrup ***** Chicken Windsor Mashed Potatoes Lettuce & Tomato Cup Chocolate Chip Cookie	17 Assorted Cereal ***** BBQ Beef Rib on Roll Baby Cakes Seasoned Peas Applesauce	18 Chicken Biscuit ***** Stuffed Crust Pizza Hash Brown Veggies & Dip Peaches & Cream	19 Assorted Cereal ***** Clam Roll Krinkle Kut Fries Cole Slaw Diced Peas
	22 Assorted Cereal ***** Personal Pan Pizza Hash Browns Veggies & Dip Diced Peas	23 Smuckers Blueberry Waffle ***** Popcorn Chicken w/Biscuit Mashed Potatoes Seasoned Green Beans Fruit Cup	24 Assorted Donuts ***** Chicken Shoestrings w/Roll Potato Puffs Niblet Corn Pineapple Chunks Early Release	25 Mini Strawberry Pancakes ***** Pizza Minis Garden Salad Broccoli Jello Jewels Early Release	26 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	30 Egg & Cheese Bagel ***** Pasta w/ Meatballs Soft Breadstick Garden Salad Fruit Cup	31 French Toast Stix w/Syrup ***** 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	