

March 2020

Worcester Central School

MONDAY

2
Pancakes/Sausage
Chicken Nuggets
Mashed Potatoes
Gravy
Peaches
Tuna Salad Sandwich

TUESDAY

3
French Toast Sticks
Hamburger or Cheeseburger
W/W Bun
Sweet Potato Fries
Broccoli
Pears
Turkey Sandwich

WEDNESDAY

4
Bagel/Cream Cheese
Spaghetti With Meat Sauce
Or
Plain Sauce
Whole Grain Bread
Green Beans
Mandarin Orange
Egg Salad Sandwich

THURSDAY

5
Breakfast Pizza
Mac & Cheese
Stewed Tomatoes
Pineapple
Ham & Cheese Sandwich

FRIDAY

6
Sausage Cheese Muffin
Cheese or Pepperoni Pizza
Fresh Broccoli & Carrots
Italian Blend Vegetables
Applesauce



Lunch K-12 2.25
Breakfast k-12 1.00

Available Everyday fo

Lunch

Variety of milk
Can fruit
Fresh fruit
Hot vegetables
Salads

Menu subject to change
without notice

Remember you can
make on-line payments

MY SCHOOL BUCKS
School News

A full lunch must

Consist of 3-5

Components:

protein, grain and
vegetable

FREE AND REDUCED APPLICATIONS ARE ACCEPTED ALL YEAR

Available Everyday for
breakfast

Asst cold cereals

Fresh fruit

Variety of milk

5210

Every Day!

9
Pancakes/Sausage
Grilled Cheese
Tomato Soup
Broccoli
Peaches
Tuna Salad Sandwich

10
French Toast Sticks
Meatloaf
Mashed Potatoes/Gravy
Carrots
Pears
Turkey Sandwich

11
Bagel/Cream Cheese
Baked Ziti
WG/Bread
Green Beans
Pineapple
Egg Salad Sandwich

12
Breakfast Pizza
Pulled Pork
Cole Slaw
Corn
Mandarin Oranges
Ham & Cheese Sandwich

13
No School Conference Day
Recipe Contest Deadline is the 26th

16
Pancakes/Sausage
Meatball Sub
Green Beans
Pears
Tuna Salad Sandwich

17
French Toast Sticks
Wear Green Today
Shepherd's Pie
Crunchy Veggies
W/ Shamrock Dip
Fruity Green Gelatin
Turkey Sandwich

18
Bagel/Cream Cheese
Nachos Grande
Cheese Sauce
Fiesta Rice
Corn
Pineapple
Egg Salad Sandwich

19
Breakfast Pizza
Chicken Parm
W/W Bun
Carrots
Peaches
Ham & Cheese Sandwich

20
Sausage Cheese Muffin
Cheese or Pepperoni Pizza
Fresh Broccoli & Carrots
Italian Blend Vegetables
Applesauce

23
Pancakes/Sausage
Chicken Nuggets
Mashed Potatoes
Gravy
Corn
Peaches
Tuna Salad Sandwich

24
French Toast Sticks
Hamburger or Cheeseburger
W/W Bun
Sweet Potato Fries
Carrots
Pears
Turkey Sandwich

25
Bagel/Cream Cheese
Spaghetti With Meat Sauce
Or
Plain Sauce
Whole Grain Bread
Ceasar Salad
Green Beans
Pineapple
Egg Salad Sandwich

26
Breakfast Pizza
Brunch for Lunch
French Toast Sticks
Sausage
Hash Brown Patty
Sliced Warm Apples
Mandarin Oranges
Ham & Cheese Sandwich

27
Sausage Cheese Muffin
Cheese or Pepperoni Pizza
Fresh Broccoli & Carrots
Italian Blend Vegetables
Applesauce

30
Pancakes/Sausage
Grilled Cheese
Tomato Soup
Broccoli
Peaches
Tuna Salad Sandwich

31
French Toast Sticks
Goulash
WG/Bread
Green Bean
Pineapple
Turkey Sandwich

DID YOU KNOW?

The word 'March' comes from the Roman 'Martius'. This was originally the first month of the Roman calendar and was named after Mars, the god of war. March was the beginning of our calendar year.