

Welcome to our Lunch Cafe @

Side By Side Elementary

April 2018

Monday

Tuesday

Wednesday

Thursday

Friday

2 Chicken Wings
breaded chicken wings baked to perfection
Baked Potato Wedges
Grape Tomatoes
Fresh Apple
Cinnamon Applesauce

3 French Toast
slices of French toast baked to perfection
Turkey Sausage Patty
Cinnamon Apple Slices
Syrup
Fresh Baby Carrots
Fresh Pear
Pineapple Cup

4 Mozzarella Sticks
crispy mozzarella sticks filled with gooey cheese, perfect for dipping into your favorite sauce
Tomato Sauce Dip
Red Pepper Strips
Broccoli Bites
Fresh Orange

5 Nachos Grande
tortilla chips topped with freshly prepared mexi style meat and cheese sauce
With Mild Salsa
Celery
Black Beans
Fresh Banana
Fresh Pear

6 Cheese Pizza
Or Pepperoni Pizza
Celery & Carrot Sticks w/
Low Fat Dressing
Cucumber Coins
Fresh Grapes

9

1

Weekly Alternate Meal: Fish Fillet Sandwich with Cheese and Tartar Sauce

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SPRING BREAK SCHOOLS CLOSED!

16 Baked Chicken Tenders
Sweet Potato Fries
Grape Tomatoes
Fresh Apple
Cinnamon Applesauce

17 Baked Pasta with Cheese
pasta topped with melted cheese, baked to perfection
Fresh Baby Carrots
Fresh Pear
Pineapple Cup

18 Grilled Cheese
golden toasted bread with melted gooey cheese pressed and prepared in-house
Homemade Carrot & Raisin Slaw
Red Pepper Strips
Broccoli Bites
Fresh Orange

19 General Tso's Chicken
Rice Bowl
General Tso's chicken bowl with brown rice, broccoli, and scallions
Celery
Garbanzo Beans
Fresh Banana

20 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Garden Salad
Cucumber Coins
Fresh Grapes

Lucky Tray Day!

23 Crispy Popcorn Chicken
crispy breaded chicken bites baked to perfection
With Fluffy Mashed Potatoes
And Brown Gravy
Grape Tomatoes
Fresh Apple
Cinnamon Applesauce

24 Stuffed Bread Sticks
baked bread sticks filled with melted cheese
Tomato Sauce Dip
Fresh Baby Carrots
Fresh Pear
Pineapple Cup

25 BBQ Chicken
chicken coated in BBQ sauce
With Sweet Corn
Red Pepper Strips
Broccoli Bites
Fresh Orange

26 Cheeseburger
burger topped with cheese on a freshly toasted bun
Or Burger
Oven Baked Fries
Celery
Black Beans
Fresh Banana

27 Cheese Pizza
crispy pizza dough topped with tomato sauce and melted cheese
Or Pepperoni Pizza
Caesar Salad
Cucumber Coins
Fresh Grapes

Weekly Alternate Meal: Fresh Garden Salad with Chicken and 2 Whole Wheat Dinner Rolls

30 Tangerine Dream
Chicken Rice Bowl
Bowl with breaded chicken in tangerine sauce, brown rice, broccoli, carrots, and red peppers
Grape Tomatoes
Fresh Apple
Cinnamon Applesauce

We proudly support clean, organic, local and sustainable agriculture.

- VEGETARIAN
- MADE WITH ORGANIC INGREDIENTS
- MADE WITH ALL NATURAL INGREDIENTS
- PORK
- VEGAN

Weekly Alternate Meal: Organic Yogurt, Whole Wheat Bagel & Cheesestick



SIMPLY ROOTED™ *in food and family*

We offer yogurt that is 100% all-natural or organic. Also, our hummus is organic and tahini-free. This is because we are Simply Rooted™ in food and family and we care about



our young customers. Our ingredients are locally sourced all natural, and organic or non-GMO, whenever possible.



Lunch Prices: Elementary Lunch \$2.65 Middle School Lunch \$3.25 Reduced Lunch \$4.00 Milk \$.50
Lunch Includes: Skim Milk, Low Fat Milk, Fat Free Chocolate Milk or Lactose Free Milk If you have any questions please contact the Frank Harris Nutrition Center at 203-899-2990.

Daily Alternate Lunch Available: Tossed Garden Salad: Romaine Lettuce, Grape Tomatoes, Cucumber, Carrot, Low Fat Cheese and 2 Whole Wheat Dinner Rolls. Served with Low Fat Dressing.
Cheese Sandwich: Whole Wheat Bun, Low Fat American Cheese, and Baby Carrots. Served with Low Fat Dressing.
Grades 6th - 8th Deli Option: Turkey, Ham, Turkey Salami, Turkey Bologna, Tuna Salad, American, Provolone, or Swiss Cheese, Lettuce, Tomato, WW Kaiser Roll, WW Tortilla Wrap, Assorted Condiments.
Weekly Alternate Meal Listed On Menu.
Fresh Seasonal Fruits and Vegetable Selections Available Daily.

*Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. This institution is an equal opportunity provider.