

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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March 2020

The Gramon Family of Schools Meal Menu

Lunch served w/juice, water, fruit, a vegetable and dessert.



1 	2 Breakfast: Pancakes Lunch: Turkey & cheese sub w/ pickles and chips.	3 Breakfast: Breakfast muffin. Lunch: Pasta marinara w/ Italian bread.	4 Breakfast: Cereal w/milk Lunch: Calzone w/sauce and a salad.	5 Breakfast: Bagel w/cream cheese. Lunch: Chicken w/rice, gravy and a dinner roll.	6 Breakfast: Sausage, egg & cheese biscuit. Lunch: Pizza w/ carrot sticks & dip.	7
8	9 Breakfast: Egg & cheese sandwich. Lunch: Stuffed shells w/ garlic bread.	10 Breakfast: Breakfast muffin. Lunch: Sloppy joe w/tater tots.	11 Breakfast: Cereal w/milk. Lunch: Hot dog w/fries.	12 Breakfast: Bagel w/cream cheese. Lunch: Chicken teriyaki over rice.	13 Breakfast: Yogurt & a breakfast bar. Lunch: Pizza w/ cucumber and tomato.	14
15 	16 Breakfast: Donut w/milk Lunch: Beef-a-roni w/ Italian bread.	17 Breakfast: Breakfast muffin. Lunch: Tacos w/all the fixings.	18 Breakfast: Cereal w/milk. Lunch: Chicken quesadillas.	19 Breakfast: Bagel w/cream cheese. Lunch: Fish sticks w/fries.	20 Breakfast: Waffles. Lunch: Pizza bagels w/carrot sticks & dip.	21 
22	23 Breakfast: French toast sticks. Lunch: Mac & Cheese.	24 Breakfast: Breakfast muffin. Lunch: Cheese steak on a hoagie roll.	25 Breakfast: Cereal w/milk. Lunch: Pierogies w/garlic bread.	26 Breakfast: Bagel w/cream cheese. Lunch: The sampler. See sampler below.	27 Breakfast: Cinnamon bun w/milk. Lunch: Pizza w/ cucumber & tomato	28
29 	30 Breakfast: Danish w/milk Lunch: Penne alfredo w/ garlic bread.	31 Breakfast: Breakfast muffin. Lunch: Hamburgers w/chips.	Alternative lunch: Hot dogs, PB&J, chicken tenders, pasta or grilled cheese	Gluten free meals: Pasta, grilled cheese, chicken tenders or hot dogs.	The sampler: 2 chicken tenders, 2 potato skins, 2 mozzarella sticks.	

