### March 2020

**The Gramon Family of Schools Meal Menu**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
</table>
| Breakfast: Pancakes  
**Lunch:** Turkey & cheese sub w/ pickles and chips. | Breakfast: Breakfast muffin.  
**Lunch:** Pasta marinara w/ Italian bread. | Breakfast: Cereal w/milk  
**Lunch:** Calzone w/sauce and a salad. | Breakfast: Bagel w/cream cheese.  
**Lunch:** Chicken w/rice, gravy and a dinner roll. | Lunch served w/ juice, water, fruit, a vegetable and dessert. |  |
| Breakfast: Egg & cheese sandwich.  
**Lunch:** Stuffed shells w/ garlic bread. | Breakfast: Breakfast muffin.  
**Lunch:** Sloppy joe w/tater tots. | Breakfast: Cereal w/milk.  
**Lunch:** Hot dog w/fries. | Breakfast: Bagel w/cream cheese.  
**Lunch:** Chicken teriyaki over rice. | Breakfast: Sausage, egg & cheese biscuit.  
**Lunch:** Pizza w/carrot sticks & dip. | |
| Breakfast: Donut w/milk  
**Lunch:** Beef-a-roni w/ Italian bread. | Breakfast: Breakfast muffin.  
**Lunch:** Tacos w/all the fixings. | Breakfast: Cereal w/milk.  
**Lunch:** Chicken quesadillas. | Breakfast: Bagel w/cream cheese.  
**Lunch:** Fish sticks w/fries. | Breakfast: Yogurt & a breakfast bar.  
**Lunch:** Pizza w/cucumber and tomato. | |
| Breakfast: French toast sticks.  
**Lunch:** Mac & Cheese. | Breakfast: Breakfast muffin.  
**Lunch:** Cheese steak on a hoagie roll. | Breakfast: Cereal w/milk.  
**Lunch:** Pierogies w/garlic bread. | Breakfast: Bagel w/cream cheese.  
**Lunch:** The sampler. See sampler below. | Breakfast: Waffles.  
**Lunch:** Pizza bagels w/carrot sticks & dip. |  |
| Breakfast: Danish w/milk  
**Lunch:** Penne alfredo w/ garlic bread. | Breakfast: Breakfast muffin.  
**Lunch:** Hamburgers w/chips. | Alternative lunch: Hot dogs, PB&J, chicken tenders, pasta or grilled cheese | Breakfast: Bagel w/cream cheese.  
**Lunch:** The sampler. See sampler below. | Breakfast: Cinnamon bun w/milk.  
**Lunch:** Pizza w/cucumber & tomato |  |
|  |  |  | Gluten free meals: Pasta, grilled cheese, chicken tenders or hot dogs. |  |  | The sampler: 2 chicken tenders, 2 potato skins, 2 mozzarella sticks. |