

# chartwells Discovery KITCHEN

## Eastchester Middle School Student Lunch \$4.75

## MARCH 2022 Student Lunch+Milk \$5.25

A full student lunch includes a entrée, vegetable & fresh fruit. Milk choices include 1% White, and Fat Free Chocolate.

**If you have a food allergy, please speak to the Food Service Director 914-793-6130 x 4234 or Lead Server.**

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
|   | <b>1</b>  | <b>2</b>   | <b>3</b>  | <b>4</b>   |
|   | Taco Tuesday<br>Twin Tacos<br>Popcorn Chicken<br>Corn<br>Black Beans<br>Tropical Fruit Salad          | Pasta with Meat Sauce<br>Grilled Cheese<br><br>Rice<br>Mixed Vegetables<br>Peaches                                   | Teriyaki Bowl<br>White Rice<br>Mac & Cheese<br>Celery Sticks<br>Pepper Strips<br>Pineapple                | Fish Filet Sandwich<br>Popcorn Chicken<br><br>Green Beans<br>Grape Tomatoes<br>Pears                         |
| <b>7</b>  | <b>8</b>  | <b>9</b>   | <b>10</b>   | <b>11</b>  |
| Meatball Hero<br>Mozzarella Sticks<br><br>Broccoli<br>Rice<br>Mandarin Oranges              | Nacho Chips, Beef,<br>Cheese & Toppings<br>Popcorn Chicken<br>Corn<br>Black Beans<br>Mandarin Oranges | Stuffed Shells<br>Chicken & Cheese<br>Quesadilla<br>Sautéed Spinach & Garlic<br>Cucumber Coins<br>Fresh Apple Slices | Philly Cheesesteak<br>Boneless Wings<br>Rice<br>Italian Blend Vegetables<br>Peas<br>Pineapple             | Spaghetti & Meatballs<br>Spicy Chicken<br>Sandwich<br>Lettuce & Tomato<br>Carrot Sticks<br>Pears             |
| <b>14</b>   | <b>15</b>   | <b>16</b>  | <b>17</b>   | <b>18</b>  |
| Italian Chicken Sandwich<br>Mac & Cheese<br><br>Green Beans<br>Emoji Fries<br>Rice<br>Pears | Taco Tuesday<br>Twin Tacos<br>Popcorn Chicken<br>Corn<br>Black Beans<br>Mandarin Oranges              | Italian Sausage with<br>Peppers & Onions<br>Boneless Chicken Wings<br>Italian Blend Vegetables<br>Corn<br>Pears      | Corned Beef<br>Mashed Potatoes<br>Grilled Cheese<br>Sautéed Broccoli<br>Celery & Carrot Sticks<br>Peaches | Mac & Cheese<br>Potato Crusted Cod<br>Mixed Vegetables<br><br>Fresh Apple Slices                             |
| <b>21</b>   | <b>22</b>   | <b>23</b>  | <b>24</b>   | <b>25</b>  |
| Teriyaki Beef Hero<br>Boneless Wings<br>Seasoned Corn<br>Celery Sticks<br>Mandarin Oranges  | Taco Tuesday<br>Twin Tacos<br>Popcorn Chicken<br>Corn<br>Black Beans<br>Pears                         | Beef & Cheese Burrito<br>Chicken Tenders<br>Black Beans w/ Cilantro<br>Celery Sticks<br>Sliced Peaches               | Baked Ziti<br>Spicy Chicken Wings<br>Garlic Bread<br>Italian Blend Vegetables<br>Pears                    | Brunch-4-Lunch<br>Mini-Pancakes, Emoji Fries<br>Turkey Sausage or<br>Egg Patty<br>Pepper Strips<br>Pineapple |
| <b>28</b>   | <b>29</b>   | <b>30</b>  | <b>31</b>   | <b>DAILY OPTIONS</b>   |
| Grilled Cheese<br>Boneless Wings<br>Seasoned Corn<br>Celery Sticks<br>Mandarin Oranges      | Nacho Chips, Beef,<br>Cheese & Toppings<br>Popcorn Chicken<br>Corn<br>Black Beans<br>Peaches          | Chicken & Waffles<br>Strawberries<br>Emoji Fries<br>Carrots<br>Pears   | Pasta Bar<br>Pasta, Sauce, Meatballs<br>Sautéed Spinach<br>Popcorn Chicken<br>Apple Slices                | MON: Burgers<br>TUE: Chicken Tenders<br>WED: Mozzarella Sticks<br>THU: BOSCO Sticks<br>FRI: Popcorn Chicken  |

**Complete your Meal with a daily fruit , vegetable and milk.**

Consuming raw or uncooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions.

**This Institution is an equal opportunity provider.**