



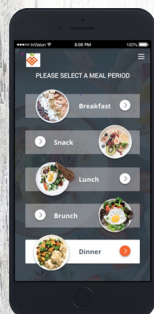
Welcome to our Lunch Cafe

Timberlane Sandown Central Elementary

March
2021

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Please inquire with your schools district office to see if your school is participating.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nugget & Mozzarella Stick Combo With Whole Wheat Dinner Roll Or Grilled Cheese Sandwich Oven Baked Fries Fresh Apple	2 Turkey Hot Dog on Bun Or Cheeseburger Baked Beans Mixed Fruit	3 Meal Pick up Wednesday's 8:00am until 11:00am At all 4 Elementary Schools	4 Baked Chicken Breast With Whole Wheat Dinner Roll Or Crispy Chicken Sandwich Fluffy Mashed Potatoes Diced Pear Cup	5 Cheese Pizza Or Chicken Club Sandwich Side Salad Sliced Peaches
8 Whole Grain French Toast Ham Or Grilled Cheese Sandwich Crispy Potato Puffs Diced Pear Cup	9 Homemade Pasta & Meatballs With Homemade Garlic Bread Or Cheeseburger Cucumber Coins Sliced Peaches	10	11 Crispy Tacos With Brown Rice Or Crispy Chicken Sandwich Side Garden Salad Fresh Apple Chocolate Hummus	12 Cheese Pizza Or Tuna Salad Sandwich Baby Carrots Sliced Peaches David's Chocolate Chip Cookie
15 Chicken Nuggets With Whole Wheat Dinner Roll Or Grilled Cheese Sandwich Mixed Fruit Side Garden Salad	16 Nachos Grande Or Cheeseburger Baked Beans Fresh Apple	17	18 Chicken Bowl with Gravy With Whole Wheat Dinner Roll Or Crispy Chicken Sandwich Side Salad Sliced Peaches	19 Cheese Pizza Or Italian Combo Sandwich Broccoli Bites Fresh Apple
22 Sausage, Egg and Cheese Sandwich Or Grilled Cheese Sandwich Potato Puffs Applesauce	23 Pasta & Meat Sauce Homemade Garlic Bread Or Cheeseburger Caesar Salad Fresh Apple	24	25 Homemade Shepherd's Pie Or Crispy Chicken Sandwich Baby Carrots Fresh Orange Garlic Cheese Biscuit	26 Cheese Pizza Or Whole Grain Fish Sticks On Whole Wheat Club Roll Cucumber Coins Sliced Peaches David's Chocolate Chip Cookie
29 Chicken with Gravy With Dinner Rolls Or Grilled Cheese Sandwich Fluffy Mashed Potatoes Strawberry Cup	30 Crispy Tacos With Brown Rice Or Cheeseburger Side Garden Salad Fresh Apple	31	<div data-bbox="967 1409 1500 1493" data-label="Section-Header"> <h2>HARVEST of the MONTH</h2> </div> <div data-bbox="967 1499 1299 1654" data-label="Text"> <p>Whitsons proudly supports clean, sustainable agriculture! We also focus on using ingredients that are locally sourced, all-natural, organic and non-GMO whenever possible.</p> </div> <div data-bbox="1315 1495 1523 1654" data-label="Image"></div>	



We are Simply Rooted® in food and family and our menus are nutritious and flavorful. Check out our mobile menu at www.FDMealPlanner.com or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.

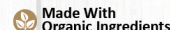
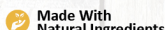


Low Fat Milk .50
100% Juice .50
Help Wanted
Food Service Worker
Contact John Fratiello
fratielloj@whitsons.com

Also Available Daily
Bagel Lunch- Wheat Bagel, String Cheese, Organic Yogurt

Healthy Choice Salad - A bed of Lettuce, Grape Tomatoes, Cucumbers, Cheese and Whole Grain Rolls

Sunbutter & Jelly Sandwich



*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. All rights reserved. An equal opportunity provider.