



Maine Harvest of the Month item is Maine Protein. See the back of this menu for fun facts and recipes.

# MARCH 2020

## Coffin Elementary School - Lunch Menu

2019-2020 Meal Prices:  
 Breakfast - \$2.00 (Reduced - free)  
 Lunch - \$2.90 (Reduced - free)  
 Milk Only - \$.50

### Monday

Tomato Soup & Grilled Cheese Sandwich on WG Bread or Tuna Salad Sandwich on WG Bread, Snow Peas & Dip Raisins **2**

Oven Baked Chicken or Hot Ham & Cheese Sandwich on WG Bread Mashed Potato Roasted Parsnips & Carrots Banana **9**

Homemade Sloppy Joe or Tuna Salad on WG Tortilla Wrap w/ Shredded Lettuce Chips, Veggie Sticks Fresh Pear **16**

Hot Dogs in WG Bun or Turkey Club Sandwich WG Red & Green Peppers w/ Dip Dill Potato Salad Fresh Apple **23**

Crispy Chicken Fries w/ Honey Mustard Dip Rice Pilaf or Turkey & Cheese Sandwich on WG Bread Broccoli & Dip, Fresh Fruit **30**

### Tuesday

Corn Dogs or Turkey Salad Sandwich on WG Bread Sweet Potato Fries Broccoli Cole Slaw Orange Smiles **3**

Top Your Own Beef Nachos or Meatball Sub on WG Roll Arugula, Lemon Pesto Pasta Salad Mixed Berry Fruit Cups **10**

Homemade Chicken Noodle Soup w/ ½ Ham & Cheese Sandwich WG or BLT Sandwich on WG Bread Pot of Gold Jell-O Pretzels, Orange Smiles **17**

Chicken Tacos w/ (cheese, lettuce, tomato, salsa and sour cream) w/ Cornbread or Ham Italian on WG Roll, Mexican Rice Banana **24**

Homemade American Chop Suey, or Tuna Salad Sandwich w/ Shredded Lettuce on WG Bread Mandarin Orange Dream Salad Cucumber Slices **31**

### Wednesday

White Milk Only Day!! Pancakes w/ Warm Apples Bisson's Farm Sausage Links or Breakfast Sandwich WG Strawberry Cups Orange Juice **4**

White Milk Only Day!! Waffles w/ Maple Syrup or Scrambled Egg Patty w/ Blueberry Muffin Yogurt w/ Granola Fresh Pineapple & Blueberries **11**

White Milk Only Day!! EARLY RELEASE Pizza Pocket (Ham & Cheese) Carrot Sticks, Fishy Crackers Fresh Apple **18**

White Milk Only Day!! Pancakes WG w/ Maple Syrup or WG Bagel & Egg Pattie Yogurt Cup Fresh Fruit Salad **25**

### Thursday

Roast Turkey & Gravy, Stuffing, WG Roll or Egg Salad Sandwich on WG Bread Cranberry Sauce Fresh Apple **5**

Spaghetti Pie w/ Garlic Breadstick WG or Hot Turkey Slider WG w/ Cranberry Sauce Mixed Green Salad w/ Low Fat Dressing, Clementine **12**

Bisson's Farm Cheese-burger or Hamburger w/Lettuce & Tomato or Chicken Salad Wrap WG w/ Cranberries, French Fries Cucumber Slices w/ Dip Banana **19**

Homemade Beef Stroganoff, w/ WG Breadstick or Chicken Nuggets Cole Slaw Steamed Vegetables Fresh Pear **26**

### Friday

Ham & Peperoni Stromboli WG or Fish Nuggets and WG Roll, Green Beans, Cranberry & Sun Flower Seed Salad Apple Sauce **6**

NO SCHOOL PROFESSIONAL DEVELOPMENT **13**

Cheese or Pepperoni Pizza Rounds WG Fresh Local Baked Haddock w/ Honey Crumb Topping, WG Roll, Kale & Blueberry Salad, Roasted Cauliflower Fruit Juice Pop **20**

Cheese or Peperoni Flatbread Pizza WG or Fish Taco w/ Corn and Peppers Carrot & Raisin Salad Orange Smiles **27**



Daily Offering: Fruit and Food Bar. Sunbutter and Jelly Sandwich and Other Sandwich Choices Skim and Low Fat Milk are offered with each meal.



have ½ Cup Fruit and / or Vegetable with Their Lunch  
 1/2 Cup Grain / Menu Subject to Change

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