



FALCON CAFÉ MARCH 2010

| | | | | |
|---|--|---|---|---|
| <p>Breakfast Prices</p> <p>K- 12 \$ 1.25 Reduced \$.25 Free \$.00</p> <p>Adult price = \$ 1.85 (includes tax)</p> <p>Menu is subject To change</p> | <p>Breakfast is served daily:</p> | <p>Lunch Prices</p> <p>K - 5 \$ 1.75 6 - 12 \$ 2.00 Reduced \$.25 Free \$.00 Adult price = \$ 3.25 (includes tax)</p> <p>In addition to Fruit listed on menu, selection of Fresh Fruit is offered each day</p> | <p>Desperately seeking Susan and John and You for part time work in the Food Service Department.</p> <p>Please call: Deborah S. Bush Food Service Specialist at: 869-9636 or e-mail: dbush@southseneca. k12.ny.us</p> | <p>Assorted Milk served during all meals</p> <p>Available daily for Lunch: PBJ Sandwich, or Deli Bar or Chef Salad made to order</p>  |
|  | <p><u>Attention</u></p> <p>You can now pay for your child's meals on line. Check the School Web site for the link.</p> |  <p>Chicken Wraps served every Monday & Wednesday</p> <p>Grilled Wraps & Sandwiches made to order on the Deli Line: Tues, Thur. & Fri.</p> | <p>Free/Reduced Applications available from Deborah Bush, Main Offices or on the Web Site</p> | <p>Unsure how much your child has on his/her account?</p> <p>Contact cashier in building or Deborah Bush</p> |
| <p>1</p> <p>Lunch choices: Twin Tacos with all the Toppings Soft or Hard Shell Steamed Rice Corn Chilled Pears</p> | <p>2</p> <p>Lunch choices: Breaded Chicken Whole Grain Roll Mashed Potatoes Steamed Peas Chilled Peaches</p> | <p>3</p> <p>Lunch choices: Baked Pasta with Sauce & Melted Cheese Hot Garlic Bread Garden Salad Steamed Broccoli Rice Krispie Treat</p> | <p>4</p> <p>Lunch choices: Minestrone Soup Hot Dog Whole Grain Roll Oven Roasted Potatoes Chilled Fruit Cup</p> | <p>5</p> <p>Lunch choices: Cheese Calzone with Dipping Sauce Garden Salad Green Beans Mandarin Oranges</p> |
| <p>8</p> <p>Lunch choices: Beef Patty Lettuce & Tomato Whole Grain Roll Steamed Rice Steamed Carrots Blueberries</p> | <p>9</p> <p>Lunch choices: Cream of Broccoli Soup Chicken Nuggets with Dipping Sauces Whole Grain Roll Mashed Potatoes Strawberry AF Cake</p> | <p>10</p> <p>Lunch choices: Spaghetti w/ Meatballs Hot Bread Sticks Garden Salad Steamed Cauliflower Choice of Fruit</p> | <p>11</p> <p>Lunch choices: Vegetable Soup BBQ Pork Kaiser Roll Sweet Potato Fries Baked Beans Pudding</p> | <p>12</p> <p>Lunch choices: Cheese Pizza or Vegetable Pizza Whole Grain Crust Tossed Salad Italian Mixed Vegetables Frozen Fruit Icee</p> |
| <p>15</p> <p>Lunch choices: Baked Chicken Patty Whole Grain Roll Parsley Potatoes Peas Apple Sauce</p> | <p>16</p> <p>Lunch choices: Corn Chowder Fajitas Soft Shell Southwest Lentil Salad Mexican Rice Pineapple Tidbits</p> | <p>17</p> <p>Lunch choices: <u>St. Patrick's Day</u> Irish Potato Soup Corn Beef Reuben Baby Carrots Apple Sauce Oatmeal Cookie</p> | <p>18</p> <p>Lunch choices: White Chicken Chili Toasted Cheese and Ham Sandwich Garden Salad Fresh Veggies Chilled Pears</p> | <p>19</p> <p>No 9 - 12 Students</p> <p>Lunch choices: Cheese Pizza or Pepperoni Pizza Whole Grain Crust Garden Salad Steamed Broccoli Choice of Fruit</p> |
| <p>22</p> <p>Lunch choices: <u>Reverse Day</u> French Toast Sausage Link Hash Browns Hot Spiced Apples</p> | <p>23</p> <p>Lunch choices: Tomato Soup Toasted Chs Sandw. Fresh Veggies 3 Bean Salad Fresh Orange</p> | <p>24</p> <p>Lunch choices: Cheese Ravioli with Sauce Hot Garlic Bread Tossed Salad Garlic Green Beans Apple Crisp</p> | <p>25</p> <p>Lunch choices: Pasta Fagioli Soup Hot Meatball Sub WG Sub Roll Whole Grain Sub Roll Potato Wedges Chilled Pear Slices</p> | <p>26</p> <p>Lunch choices: Cheese Pizza or Chic. Wing Pizza Whole Grain Crust Garden Salad Steamed Zucchini Fruit Cup</p> |
| <p>29</p> <p>Lunch choices: Beef Patty with Cheese Whole Grain Roll Baked Potato with Toppings Green Beans Choice of Fruit</p> | <p>30</p> <p>Lunch choices: Garden Chowder Baked Fish/T. Sauce Whole Grain Roll or Crisp Chic Wrap Tossed Salad Apple Sauce</p> | <p>31</p> <p>Lunch choices: Hot Pork Sandwich Garden Salad Mashed Potatoes Corn Fruit Cobbler</p> | | |

***** Breakfast is Served Daily *****



Featured Daily Items

- Monday - Breakfast Pizza
- Tuesday - Breakfast Sandwich
- Wednesday - French Toast
- Thursday - Breakfast Pizza
- Friday - Hot Cinnamon Roll

Other Items Served Daily

- Choice of Juice
- Choice of Milk
- Asst. Bagels - Cream Cheese
- Breakfast Bars
- Choice of Cold Cereal