

March 2010



WOLCOTT SCHOOL LUNCH

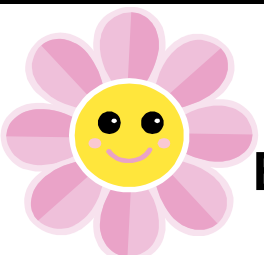
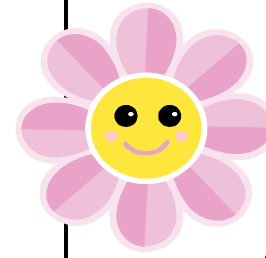

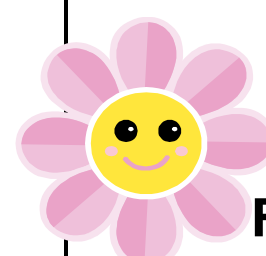
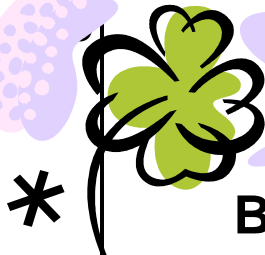
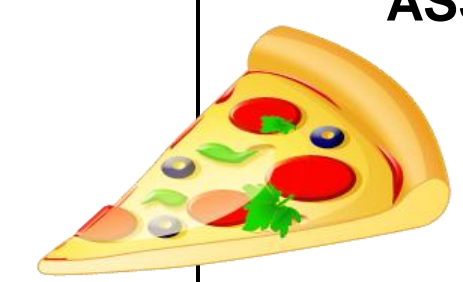


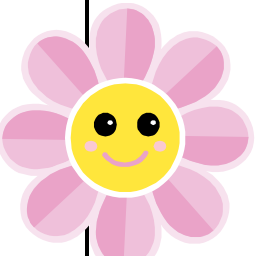
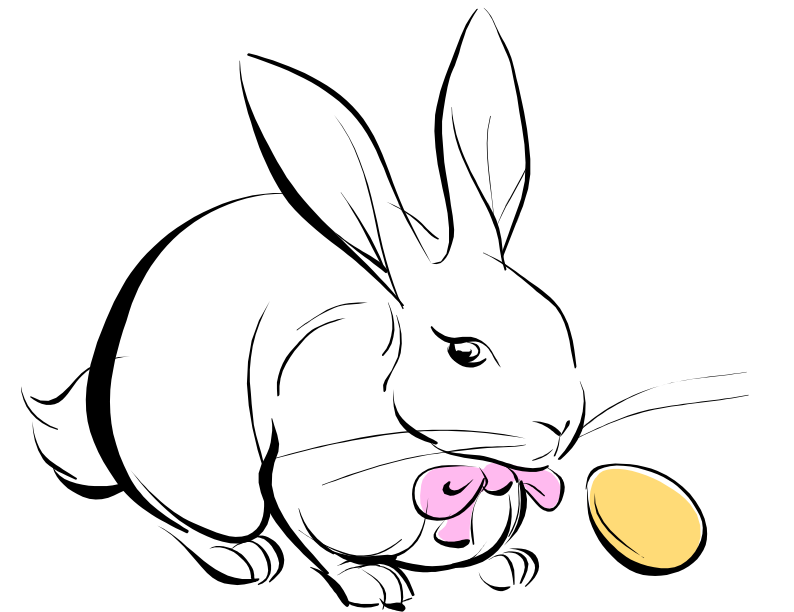
HIGH SCHOOL

Day Light Savings Time March 14

Milk .50

LUNCH \$2.75

MARCH IS NATIONAL NUTRITION MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><u>CHOOSE 1 ITEM</u> CHICKEN TENDERS AND DIPPING SAUCE FRENCH BREAD PIZZA ASST. CHEF SALADS / ROLL DELI BAR all entrees served with NOODLES</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: MINESTRONE MIXED GREEN SALAD VEG: PEAS FRESH OR CAN. FRUIT/JUICE</p>	<p><b>2</b></p> <p><u>CHOOSE 1 ITEM</u>  BACON CHEESE BURGER ON A BUN VEGGIE &amp; CHEESE BURGER / BUN WOLCOTT PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN VEGGIE NOODLE TOSSED SALAD VEG: HASH BROWN FRESH OR CAN. FRUIT/JUICE</p>	<p><b>3</b></p> <p><u>CHOOSE 1 ITEM</u> GENERAL TSO'S CHICKEN over RICE FRENCH BREAD PIZZA ASST. CHEF SALADS / ROLL DELI BAR all entrees served with RICE</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN VEGETABLE RICE TOSSED SALAD VEG: STEAMED BROCCOLI FRESH OR CAN. FRUIT/JUICE</p>	<p><b>4</b></p> <p><u>CHOOSE 1 ITEM</u> CHEESE OR PEPPERONI STROMBOLI CHICKEN CAESAR WRAP BOSTON PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN VEGETABLE TORTELLINI TOSSED SALAD VEG: FRESH BABY CARROTS FRESH OR CAN. FRUIT/JUICE</p>	<p><b>5</b></p> <p><u>CHOOSE 1 ITEM</u>  MOZZARELLA STICKS MARINARA SAUCE STUFFED CRUST PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: TOMATO RICE MIXED GREEN SALAD VEG: HASH BROWN FRESH OR CAN. FRUIT/JUICE</p>
<p><b>8</b></p> <p><u>CHOOSE 1 ITEM</u> FRENCH TOAST STICKS WITH SAUSAGE PATTIE EGG , CHEESE &amp; BACON OMELET ON A CROISSANT BLUEBERRY CUP FRENCH BREAD PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: VEGETABLE MIXED GREEN SALAD VEG: HASH BROWN FRESH OR CAN. FRUIT/JUICE</p>	<p><b>9</b></p> <p><u>CHOOSE 1 ITEM</u> ITALIAN GRILLED CHEESE ON WHOLE GRAIN BREAD WOLCOTT PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: TOMATO TOSSED SALAD VEG: OVEN ROASTED RED POTATOES FRESH OR CAN. FRUIT/JUICE</p>	<p><b>10</b></p> <p><u>CHOOSE 1 ITEM</u> PASTA WITH MEAT BALLS &amp; SAUCE EGGPLANT PARMESAN / ROLL PERSONAL PAN ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN VEGETABLE TORTELLINI MIXED GREEN SALAD VEG: GREEN BEANS * FRESH OR CAN. FRUIT/JUICE</p>	<p><b>11</b></p> <p><u>CHOOSE 1 ITEM</u> BEEF GYRO FAJITA CHICKEN FAJITA BOSTON PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u>  SOUP: CHICKEN VEGGIE NOOD TOSSED SALAD VEG: OVEN ROASTED MIXED VEGGIES FRESH OR CAN. FRUIT/JUICE</p>	<p><b>12</b></p> <p><u>SUNDAY MARCH 14TH: DAYLIGHT SAVINGS TODAY IS PLANT A FLOWER DAY!</u> <u>CHOOSE 1 ITEM</u> BIG DADDY PIZZA  FISH SANDWICH ON A BUN ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: NE CLAM CHOWDER TOSSED SALAD VEG: HASH BROWN FRESH OR CAN. FRUIT/JUICE</p>
<p><b>15</b></p> <p><u>CHOOSE 1 ITEM</u> POPCORN CHICKEN WITH A ROLL FRENCH BREAD PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: MINESTRONE TOSSED SALAD VEG: BAKED POTATO FRESH OR CAN. FRUIT/JUICE</p>	<p><b>17</b></p> <p><u>ST. PATRICK'S DAY!</u>  <u>CHOOSE 1 ITEM</u> BBQ RIB ON A SUBROLL WOLCOTT PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN VEGETABLE RICE MIXED GREEN SALAD VEG: OVEN BAKED FRENCH FRIES FRESH OR CAN. FRUIT/JUICE</p>	<p><b>17</b></p> <p><u>ST. PATRICK'S DAY!</u> <u>CHOOSE 1 ITEM</u> BREADED OVEN BAKED CHICKEN <b>DELI SPECIAL -PASTRAMI ON RYE</b> PERSONAL PAN ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>HOLIDAY COOKIE</u> <u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN VEGGIE NOOD MIXED GREEN SALAD IRISH GREEN MASHED POTATOES FRESH OR CAN. FRUIT/JUICE</p>	<p><b>18</b></p> <p><u>CHOOSE 1 ITEM</u> CORN DOG NUGGETS CHICKEN CAESAR WRAP BOSTON PIZZA ASST. CHEF SALADS DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: TOMATO TOSSED SALAD VEG: OVEN BAKED FRENCH FRIES FRESH OR CAN. FRUIT/JUICE</p>	<p><b>19</b></p> <p><u>SATURDAY MARCH 20: SPRING EQUINOX AND EARTH DAY!</u> <u>CHOOSE 1 ITEM</u> STUFFED CRUST PIZZA DIPPERS FRENCH BREAD PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u>  SOUP: TOMATO MIXED GREEN SALAD VEG: HASH BROWN FRESH OR CAN. FRUIT/JUICE</p>
<p><b>22</b></p> <p><u>CHOOSE 1 ITEM</u> CHICKEN PATTIE / BUN VEGGIE &amp; CHEESE BURGER / BUN FRENCH BREAD PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: MINESTRONE TOSSED SALAD VEG: CORN FRESH OR CAN. FRUIT/JUICE</p>	<p><b>23</b></p> <p><u>CHOOSE 1 ITEM</u> SOFT SHELL BEEF TACO LETTUCE, TOMATO and CHEESE CHICKEN FAJITA WOLCOTT PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p> all entrees served with RICE</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN VEGETABLE RICE MIXED GREEN SALAD VEG: OVEN ROASTED MIXED VEGGIES FRESH OR CAN. FRUIT/JUICE</p>	<p><b>24</b></p> <p><u>CHOOSE 1 ITEM</u> CHILI CHEESE FRITOS WITH CHILI CHEESE SAUCE PERSONAL PAN DELI BAR ASST. CHEF SALADS / ROLL</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN VEGETABLE TORTELLINI TOSSED SALAD VEG: STEAMED BROCCOLI FRESH OR CANNED FRUIT/JUICE</p>	<p><b>25</b></p> <p><u>CHOOSE 1 ITEM</u> PHILLY CHEESE STEAK ON A SUB BOSTON PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN NOODLE MIXED GREEN SALAD VEG: HASH BROWNS FRESH OR CANNED FRUIT/JUICE</p>	<p><b>26</b></p> <p><u>CREATE YOUR OWN HOLIDAY DAY!</u> <u>CHOOSE 1 ITEM</u> BREAD STICK DUNKERS WITH MOZZARELLA CHEESE AND MARINARA SAUCE ASST. CHEF SALADS/ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u>  FRENCH BREAD PIZZA SOUP: TOMATO TORTELLINI TOSSED SALAD VEG: HASH BROWNS FRESH OR CANNED FRUIT/JUICE</p>
<p><b>29</b></p> <p><u>CHOOSE 1 ITEM</u> CHICKEN NUGGETS FRENCH BREAD PIZZA ASST. CHEF SALADS / ROLL DELI BAR all entrees served with NOODLES</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: VEGETABLE MIXED GREEN SALAD VEG: STEAMED BROCCOLI FRESH OR CAN. FRUIT/JUICE</p>	<p><b>30</b></p> <p><u>CHOOSE 1 ITEM</u> DOUBLE HOT DOG ON A BUNS MACARONI AND CHEESE WOLCOTT PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN VEGGIE NOODLE TOSSED SALAD VEG: HASH BROWN FRESH OR CAN. FRUIT/JUICE</p>	<p><b>31</b></p> <p>EARLY DISMISSAL</p> <p>BREAKFAST WILL BE SERVED</p>	<p><b>4/1</b></p> <p><u>CHOOSE 1 ITEM</u>  MOZZARELLA STICKS MARINARA SAUCE STUFFED CRUST PIZZA ASST. CHEF SALADS / ROLL DELI BAR</p> <p><u>CHOOSE 2 ITEMS</u> SOUP: CHICKEN VEGETABLE RICE TOSSED SALAD VEG: OVEN ROASTED MIXED VEGGIES FRESH OR CAN. FRUIT/JUICE</p>	<p><b>2</b></p> <p>GOOD FRIDAY NO SCHOOL</p> <p></p>