

EQUAL
 000PPPPPP000RRRRL
 EEEMPPPLLOOYYVEEKK

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MS/HS- HAM & CHEESE ³ CROISSANTS ES- CHEESE CROISSANT SAMI TOMATO SOUP FRUIT	WING DINGS ⁴ SEASONED WGR NOODLES NYS CORN FRUIT	PORK CHOP LET ⁵ MASHED POTATOES BROCCOLI FRUIT	WGR STUFFED CRUST ⁶ PIZZA CAESAR SALAD FRUIT	BBQ FIREMAN'S CHICKEN ⁷ MACARONI SALAD BAKED BEANS FRUIT
PIZZA PIZZA ¹⁰ GARDEN SALAD FRUIT	CHICKEN ALFREDO ¹¹ WGR PASTA BROCCOLI FRUIT	CHEESEBURGERS ¹² FRENCH FRIES BAKED BEANS FRUIT	CHICKEN BACON ¹³ RANCH OR CHEESE FLATBREADS CAESAR SALAD FRUIT	HS-BURRITO BAR ¹⁴ ES- CHICKEN QUESADILLAS BLACK BEAN SALSA FRUIT
ST. PATRICK'S DAY ¹⁷ MS- RUEBEN'S ES- HOT DOGS SEASONED POTATO WEDGES FRUIT	CHICKEN WING BAR ¹⁸ ES- CHICKEN TENDERS CARROTS FRUIT	KFC BOWL ¹⁹ GARLIC AND CHEDDAR WGR BISCUITS FRUIT	BREAKFAST PIZZA ²⁰ JUICE SNICKER DOODLE HUMMUS	HOMEMADE ²¹ MACARONI AND CHEESE GREEN BEANS FRUIT
CHICKEN TENDERS ²⁴ BAKED BEANS PEAS FRUIT	TATAR TOT BOWLS ²⁵ FRUIT	BRUNCH FOR LUNCH ²⁶	BEEF STIR FRY ²⁷ RICE ORIENTAL VEGETABLE FRUIT	HS- PERSONAL PAN PIZZAS ²⁸ ES- BOSCO STICKS GREEN BEANS FRUIT
TURKEY IN GRAVY ³¹ MASHED POTATOES PEAS FRUIT				

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

ALL FIRST MEALS ARE FREE!!
 WANT TO LEVEL UP YOUR MEAL? EXTRA ENTREE FOR JUST \$2.25! CRAVING A FULL MEAL UPGRADE? THAT'LL BE \$3.00! NEED A REFRESHING MILK TO WASH IT DOWN? ONLY 65 CENTS! AND HEY, PLAIN OL' WATER IS A STEAL AT 50 CENTS! DIVE IN!

FUN FACT- ITS CELERY MONTH!
 • CELERY IS A GOOD SOURCE OF FIBER, POTASSIUM, VITAMINS A AND C
 • IT HAS ANTI-INFLAMMATORY QUALITIES
 • CELERY IS LOW IN CALORIES AND FAT, AND HIGH IN FIBER
 • CELERY CAN HELP YOU FEEL FULL LONGER AND PROTECT GUT HEALTH