### Breakfast:
Three Components Served Daily.
- Grain: 1 oz.
- Fruit: 1/2 cup
- Low Fat Milk: 8 oz.

### Lunch:
Five Components Served Daily:
- Protein: 2 oz.
- Whole Grains: 1 oz.
- Vegetables: 1/2 cup
- Fruit: 1/2 cup
- Milk: 8 oz.

Every Day Vegetarian Option:
- Peanut Butter/Jelly
- American Cheese Sandwich

Free and Reduced Lunch Applications are available in your school office and on the school web page.

### MARCH 2021
K-5 Mill Road

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><em>CHOOSE A MEAL</em> BREAKFAST</td>
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<tr>
<td>WG English Muffin Fresh Orange Wedges Low Fat Milk</td>
<td>WG Cheerios Fresh Apple Low Fat Milk</td>
<td>Low Fat Yogurt Graham Crackers Diced Peaches Low Fat Milk</td>
<td>WG Bagel Applesauce Low Fat Milk</td>
<td>Graham Crackers Diced Peas Low Fat Milk</td>
</tr>
</tbody>
</table>

### LUNCH MENU

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>WG Popcorn Chicken Steamed Green Beans Applesauce Cup Milk</td>
<td>Oven Roasted Chicken Animal Crackers Steamed Corn Diced Peaches, Milk</td>
<td>BBQ Pulled Pork w/WG Bun Baked Beans NY Apple, Milk</td>
<td>Cheeseburger w/WG Bun Dill Pickles Oven Fried Potatoes Fruit Cocktail, Milk</td>
<td>WG Chicken Tenders Steamed Broccoli Diced Peas Milk</td>
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<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>WG Bocca Breadsticks Steamed Green Beans Fresh NY Apple Milk</td>
<td>WG Pizza Crunchers Italian Chick Pea Salad Cling Peaches, Milk</td>
<td>Asian Beef Bowl Steamed Rice Broccoli, Egg Roll Fresh Clementine, Milk</td>
<td>BBQ Pulled Pork w/WG Bun Baked Beans Juicy Pears, Milk</td>
<td>WG Chicken Drummie Steamed Corn Applesauce Milk</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>WG Mac and Cheese Green Beans Fresh Clementine Milk</td>
<td>Twin Pork Corn Shell Tacos Seasoned Corn Fruit Cocktail, Milk</td>
<td>Roast Chicken Breast WG Animal Crackers Baby Carrots Juicy Pears, Milk</td>
<td>WG Chicken Nuggets BBQ Sauce Steamed Broccoli NY Apple, Milk</td>
<td>Cheeseburger w/WG Bun, Dill Pickle Seasoned Fries Cling Peaches, Milk</td>
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<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>WG Mozzarella Sticks Marinara Sauce Italian Chick Pea Salad NY Apple, Milk</td>
<td>VG Chicken Tenders Green Beans Applesauce Cup Milk</td>
<td>Sweet/Sour Beef Bowl Steamed Rice Broccoli, Egg Roll Pineapple, Milk</td>
<td>Chicken Patty WG Bun Baby Carrots Juicy Pears, Milk</td>
<td>WG French Toast Sticks Sweet Sausage Links Smiley Potatoes Applesauce, Milk</td>
</tr>
</tbody>
</table>

### Meal Prices
- Breakfast: No Charge Reduced: No Charge
- Lunch: No Charge Reduced: No Charge

Hudson Valley Fresh Milk $0.60

### DID YOU KNOW?
- MySchoolBucks.com makes meal payment convenient and simple! You can manage your student's account and make payments online.
- Allergy Alerts! Call for details. Some menu items may contain tree nuts and or seeds.

- Questions, Comments Please call: Larry Anthony, FSD 845.758.2241 ext 38100

- WE ARE AN EQUAL OPPORTUNITY PROVIDER & EMPLOYER. Employment Opportunities Available!!!

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Order Meals for Curbside Pickup at: schoolmeals@rhcsd.org

Menu subject to change due to product availability and circumstances beyond our control.