

ENFIELD STATION SCHOOL

MARCH 2019

Monthly Average of Nutrients: Calories 659, Sodium 1016 mg, Total Fat 27.6% & Sat Fat 7.4%. Essential grains & breadings are 51% or more whole grain. Skim, 1% white, FF-choc, & strawberry milk flavors. Sandwich choices offered daily. Menus are subject to change w/o notice.

Monday

Spaghetti & Meat Sauce **4**
Seasoned Green Beans
Baked Squash
Diced Peaches

Bkfst: Yogurt & Crackers

Taco & Fixin's **11**
Corn / Salsa / Blk.Beans
Rice Pilaf
Diced Peaches

Bkfst: Sausage Breakfast Pizza

Pancakes & Sausage **18**
Hash-brown
Carrot Sticks & Dip
Pears

Bkfst: Yogurt & Crackers

Deli Turkey Sandwich **25**
Pasta Salad / Baked Chips
Fresh Lettuce & Tomato
Fruit cocktail

Bkfst: Sausage Breakfast Pizza

Tuesday

Grilled Cheese **5**
Creamy tomato soup
Crackers / Veggie Sticks
Applesauce

Bkfst: Sausage Breakfast Pizza

Hot Chicken Sandwich **12**
M. Potatoes & Gravy
Mixed veggies & Squash
Banana

Bkfst: Cinnamon Bun & cheese stick

Fish Sticks **19**
Anadama Bread
Buttered Noodles
Seasoned Carrots
Green beans & Oranges

Bkfst: Sausage Breakfast Pizza

Cheeseburger **26**
Potato Wedges
Seasoned Carrots
Pears

Bkfst: Cinnamon Bun & cheese stick

Wednesday



Fish Sticks & roll **6**
M. Potato & Gravy
Carrots / Green Beans
Oranges & Berry cup

Bkfst: French Toast Sticks

Creamy Mac' & Cheese **13**
Buttered Peas
Seasoned Carrots
Strawberry cup

Bkfst: Banana Bread

Oriental Chicken Stir Fry **20**
W/ Peppers & Onions
Rice Pilaf / Peas
Pineapple Mix

Bkfst: Egg & Ham Combo Bar

Roast Turkey / Stuffing **27**
M. Potato & Gravy
Squash / Peas
Cranberry Sauce
Oranges

Bkfst: Hearty Cookie & cheese stick

Thursday



Hamburger & Bun **7**
Tater tots
Buttered Corn
Fresh Lettuce & Tomatoes
Pears

Bkfst: Egg & Ham Combo Bar

Popcorn Chicken **14**
Fresh Garden Salad
Corn Chowder & Crackers
Applesauce

Bkfst: Bagel & Cream Cheese

BBQ Pork or **21**
Sloppy Joes / Baked Beans
Potato Wedges / Squash
Blueberry Crisp

Bkfst: French Toast Sticks

Fresh Pizza **28**
Garden Salad
Carrot Sticks
Orange & Pineapple Mix

Bkfst: Bagel & Cream Cheese

Friday

Fresh Crust Pizza **1**
Broccoli Crowns
Cheese Sauce
Cucumber Stix & Dip
Oranges
Bkfst: Egg & Cheese breakfast wrap

Fresh Pizza **8**
Garden Greens Salad
Roasted Chick-Peas
Carrot Sticks
Fruit Cocktail
Bkfst: P/B Un-Crustable



Fresh Pizza **22**
Broccoli Crowns
Cheese Sauce
Carrots / Apples
Bkfst: P/B Un-Crustable

Chicken Burgers **29**
Fresh Chili / Crackers
Corn / Lettuce / Tomato
Peaches
Bkfst: Breakfast Sandwich

Enfield Station School offers the Community Eligibility Provision program which allows us to provide **free breakfast and lunch** to all enrolled students. Students are required to take 3 of the 5 food groups/components offered, one must be a fruit or vegetable. ESS was awarded the Fresh Fruit & Vegetable Grant and provides fresh snacks two to three days per week at morning break.

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