

Welcome
March

MONTICELLO

*ELEMENTARY
LUNCH MENU
2025*

Wellness Tips for the Month of March

MARCH IS: NATIONAL NUTRITION AWARENESS MONTH

- **Eat the rainbow:** Visually on your plate, build one with dark leafy greens, reds, oranges, blues, yellows.
Color=Nutrients
- **Snacking for energy:** Choose snacks like yogurt that is high in protein, whole fruits, low sugar jerky, nuts and seeds, cottage cheese.
- **Water is your best friend:** Hydrate to help flush toxins, absorb nutrients, and replenish energy
- **Start your day with Protein:** Starting your day with protein helps regulate blood sugar and prevents energy crashes throughout the day.
- **Fruit=Natural Sugar:** When craving something sweet, try some berries or a banana with a nut/sun butter as a healthy swap for refined sugar



In house made
items
in PURPLE

March 3rd- 7th

All Menus are
Subject to Change

Daily Specials-
WG PBJ & String Cheese
WG Turkey or Ham Sandwich
WG Cheese Sandwich
Chef Salad w. WG Roll
Fruit & Yogurt Parfait w. Granola

Monday- 3.3.25

Hot Entree-
Whole Grain Pasta with Meatballs,
Tomato Pesto Salad and Garlic
Green Beans with a Bread Stick

Tuesday 3.4.25

Hot Entree-
Teriyaki Chicken Bowl, with Garlic
and Ginger Seasoned Rice,
Roasted Broccoli

Wednesday- 3.5.25

Grilled Cheese on a Pretzel Bun
with or without Ham, Watermelon
Cucumber Salad with Feta and
Broccoli

Thursday- 3.6.25

Hot Entree-
Beef Taco- Soft Shell
Served with Lettuce, Tomato, and
Cheese. Mexicali Corn and
Seasoned Potatoes

Friday- 3.7.25

Hot Entree-
Assorted WG Pizza Choices
served with Caesar Salad, Roasted
Zucchini and Squash and a 3 Bean
Salad



March 10th- 14th

All Menus are
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Monday- 3.10.25

Hot Entree-

Chicken Fajita w/ WG Tortilla, Served
with Roasted Onions, Peppers, Garlic
Savory Spanish Rice, and Corn

Tuesday 3.11.25

Hot Entree-

Beef and Gravy with Baked Potato
w/ Sour Cream, Steamed Broccoli
and a Dinner Roll

Wednesday- 3.12.25

Garlic Parm Bosco Sticks with
Marinara Sauce, Garlic Zucchini and
Pasta Salad

Thursday- 3.13.25

Hot Entree-

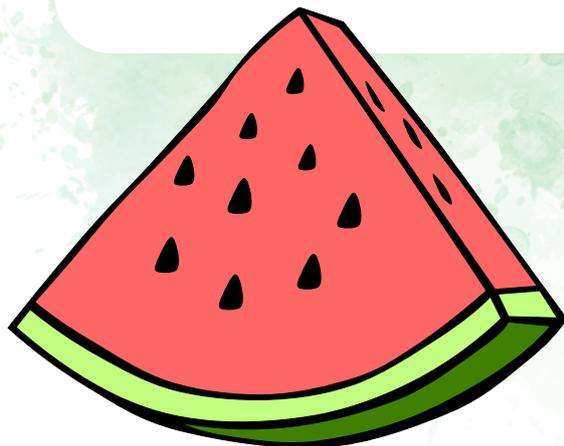
Assorted Pizzas with Caesar Salad
and Green Beans

Friday- 3.14.25

NO STUDENTS,
CONFERENCE DAY

Daily Specials-

WG PBJ & String Cheese
WG Turkey or Ham Sandwich
WG Cheese Sandwich
Chef Salad w. WG Roll
Fruit & Yogurt Parfait w. Granola



In house made
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March 17th- 21st



Monday- 3.17.25

Hot Entree-

Popcorn Chicken Bowl with Mashed Potatoes w/ Gravy, Corn and Corned Bread



Tuesday 3.18.25

Hot Entree-

Homemade Macaroni and Cheese w/ or w/out Ham, Peas and Carrots and a Tossed Salad

Wednesday- 3.19.25

Hot Entree-

Greek Chicken w/ Pita, served with Dill Tomato and Cucumber Salad, Italian Potato Salad w/ Fresh Green Beans and Cherry Tomatoes. Tzatziki sauce on the side

Thursday- 3.20.25

Hot Entree-

WG Pork Fried Rice with Egg and Vegetables. Served with a side of Broccoli and topped with Chow Mein Noodles



Friday- 3.21.25

Hot Entree-

Assorted WG Pizza Choices served with Tossed Salad and Assorted Veggie Sticks

Daily Specials-

WG PBJ & String Cheese

WG Turkey or Ham Sandwich

WG Cheese Sandwich

Chef Salad w. WG Roll

Fruit & Yogurt Parfait w. Granola

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In house made
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March 24th-28th

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Tuesday 3.25.25

Hot Entree-

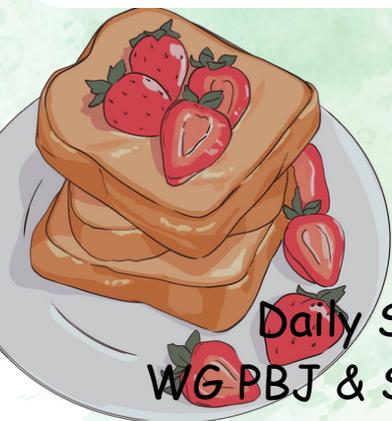
Chicken Tenders with a **Red Cabbage
Slaw with Apple Vinaigrette and
Baked Beans**

Thursday- 3.27.25

Hot Entree-

Maple French Toast Bake with Baked
Ham and Hash Brown Patties

Local NY Featured Maple Syrup



Daily Specials-

WG PBJ & String Cheese

WG Turkey or Ham Sandwich

WG Cheese Sandwich

Chef Salad w. WG Roll

Fruit & Yogurt Parfait w. Granola

Monday- 3.24.25

Hot Entree-

Meatball Hero with **Pasta Salad
and Roasted Vegetables**

Wednesday- 3.26.25

Hot Entree-

Salisbury Steak with Fresh Mushroom
Gravy. Served with Savory Rice, Honey
Glazed Carrots, and Breadsticks

Friday- 3.28.25

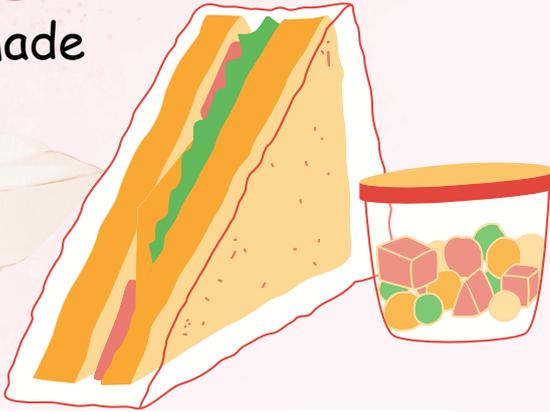
Hot Entree-

Assorted WG Pizza Choices served
with **Roasted Chick Peas and a
Tossed Salad**

In house made
items
in **PURPLE**

March 31st- April 4th

In house made items in PURPLE



Monday- 3.31.25

Hot Entree-

Pork Carnitas with a Soft WG Tortilla, Fresh Pico De Gallo, House made Guacamole, and a Tossed Romaine Salad

Tuesday 4.1.25

Hot Entree-

Stuffed Shells w/ Marinara, served with Caesar Salad w. Croutons, and Baby Carrots

Thursday 4.3.25

Hot Entree-

Roast Turkey and Gravy with Baked Sweet Potatoes, Garlic Green Beans, and Corned Bread

Wednesday 4.2.25

Hot Entree-

Grilled Cheese and Tomato Soup with or without Ham, Gold Fish Crackers, and Fresh Broccoli w/ Ranch for Dipping

Friday 4.4.25

Hot Entree-

Assorted WG Pizza Choices served with Caesar Salad, Roasted Zucchini and Squash and a 3 Bean Salad

Daily Specials-

WG PBJ & String Cheese

WG Turkey or Ham Sandwich

WG Cheese Sandwich

Chef Salad w. WG Roll

Fruit & Yogurt Parfait w. Granola



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