

# - 2024 - MARCH

## Knox Trail Middle School & David Prouty High

### Alternate Meals:

**Monday-** Turkey and Cheese Sandwich

**Tuesday-** Ham and Cheese Munchable

**Wednesday-** Bagel Munchable

**Thursday-** Yogurt Parfait

**Friday-** Ham and Cheese Sandwich

**Salads and Sun butter sandwiches are offered every day!**

**This month we will be serving fresh produce from the following farms:**

Tougas Family Farm  
Carlson Orchard  
Joe Czajkowski Farm  
Little Leaf Farms

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### MONDAY

**4** **National School Breakfast Week!**  
**Breakfast:** Breakfast Bread, Cubed Cheese, Fruit and Milk  
  
**Lunch:** Grilled Ham and Cheese, Tomato Soup, Fruit and Milk

**11** **Breakfast:** Pancakes, Fruit and Milk  
  
**Lunch:** Orange Chicken, Rice, Broccoli, Fruit and Milk

**18** **Breakfast:** Breakfast Bread, Cubed Cheese, Fruit and Milk  
  
**Lunch:** Chicken Tenders, Soft Pretzel with Cheese, Broccoli, Fruit and Milk

**25** **Breakfast:** Pancakes, Fruit and Milk  
  
**Lunch:** Sloppy Joe, Roasted Sweet Potato, Fruit and Milk

### TUESDAY

**5** **Breakfast:** Orange Cream Blender-Less Smoothie, Graham Cracker, Fruit and Milk  
  
**Lunch:** Walking Tacos', Green beans, Fruit and Milk

**12** **Breakfast:** Donuts, Fruit and Milk  
  
**Lunch:** French Toast Sticks, Cheese Omelet, Hash Brown, Fruit and Milk

**19** **Breakfast:** Orange Cream Blender-less Smoothie, Graham Cracker, Fruit and Milk  
  
**Lunch:** Locally Sourced Fish and Chips, Cole Slaw, Fruit and Milk

**26** **Breakfast:** Donuts, Fruit and Milk  
  
**Lunch:** Hot Honey Chicken Sandwich on a Croissant, Cauliflower, Fruit and Milk

### WEDNESDAY

**6** **Breakfast:** Waffles, Fruit and Milk  
  
**Lunch:** BBQ Chicken Flat Bread, Broccoli, Fruit and Milk

**13** **Breakfast:** Muffin, Yogurt, Fruit and Milk  
  
**Lunch:** Build Your Own Cheese Burger, Tater Tots, Carrots, Fruit and Milk

**20** **Breakfast:** Waffles, Fruit and Milk  
  
**Lunch:** Managers Special, Sweet Potato Fries, Fruit and Milk

**27** **Breakfast:** Muffin, Yogurt, Fruit and Milk  
  
**Lunch:** Munchie Bowl: Popcorn Chicken, Mozzarella Sticks, Fries, Fruit and Milk

### THURSDAY

**7** **Breakfast:** Cinnamon Roll, String Cheese, Fruit and Milk  
  
**Lunch:** Meatball Grinder, Corn, Fruit and Milk

**14** **Breakfast:** Managers Choice, Fruit and Milk  
  
**Lunch:** Chicken Wings, Rice, Roasted Cauliflower, Fruit and Milk

**21** **Breakfast:** Cinnamon Roll, String Cheese, Fruit and Milk  
  
**Lunch:** BBQ Rib Sandwich, Mexican Black Beans, Fruit and Milk

**28** **Breakfast:** Managers Choice, Fruit and Milk  
  
**Baseball Opening Day!**  
**Lunch:** Hot Dog, Baked Beans, Popcorn, Fruit and Milk

### FRIDAY

**1** **Breakfast:** Benefit bar, String Cheese, Fruit and Milk  
  
**Lunch:** Pizza, Seasoned Carrots, Fruit and Milk

**8** **Breakfast:** Scones, Fruit and Milk  
  
**Lunch:** Max Sticks, French Fries, Tuscan Beans Salad, Fruit and Milk

**15** **Breakfast:** Benefit Bar, String Cheese, Fruit and Milk  
  
**Lunch:** Pizza, Italian Garbanzo Bean Salad, Sweet Potato Fries, Fruit and Milk

**22** **Breakfast:** Scones, Fruit and Milk  
  
**Lunch:** Max Sticks, French Fries, Green Beans, Fruit and Milk

**29** **NO SCHOOL**