

Superior Central School

March 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Cereal and muffins 2 Salisbury steak and mash potatoes	French toast sticks 3 Chicken fingers and fries	Cereal and toast 4 Beef stew and biscuits	Hash brown and sausage 5 Turkey wraps	Cereal and muffins 6 Cheese lasagna roll-ups
NATIONAL SCHOOL BREAKFAST WEEK				
Cereal and muffins 9 Cheeseburgers	Cereal and muffins 10 Hot dogs w/chips	Eggs and ham 11 Turkey steak and wedge fries	Cereal and muffins 12 Philly steak wraps	Pancakes 13 Macaroni and cheese
Cereal and muffins 16 Chili and bread sticks	ST. PATRICK'S DAY 17 Waffles Chicken patty sandwich	Cereal and muffins 18 Turkey potpie	Cereal and muffins 19 Spicy chicken wraps	Eggs and sausage 20 Cheddar fries
Cereal and muffins 23 Polish sausage w/chips	French toast 24 Walking taco	Cereal and muffins 25 Chicken noodle soup	Apple turnovers 26 Cheese ravioli	27 No School
Cereal and muffins 30 BBQ pork on a bun	Pancakes 31 Chicken bowl (mash potatoes, chicken and gravy)		GUESS WHAT? IF ALL 600 MUSCLES IN YOUR BODY PULLED IN ONE DIRECTION, YOU COULD LIFT 25 TONS. CELERY HAS NEGATIVE CALORIES! IT TAKES MORE CALORIES TO DIGEST A PIECE OF CELERY THAN THE CELERY HAS IN IT TO BEGIN WITH.	

A La Carte

Monday thru Friday we will offer a main menu item, chef salad and pizza. Cheese pizza is on every Monday.

We will also offer chicken nuggets on Monday and Wednesday and baked potatoes with all the fixings on Tuesday and Thursday.

School News

Menus are subject to change due to the availability of product.

We also have three choices of milk 2%, skim and chocolate.

Condiments are offered when needed.

12:30 dismissal on the 26th.

