

# MARCH 2024

## WYANDANCH MEMORIAL HIGH SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENUS ARE SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY				1 Mac N Cheese Garlic Bread stick Roasted Corn
4 Assorted Calzones Marinara Sauce Garden Salad	5 BBQ Wings Baked beans Tator tots	6 SUPERINTENDENT CONFERENCE DAY NO SCHOOL	7 Teriyaki Chicken Fried Rice Stir fried veggies	8 Pizza slice Roasted carrots Steamed broccoli
11 Chicken Fajita Wraps Sautéed Peppers & Onions Broccoli	12 Taco Tuesday Corn Salad Black Beans	13 Pupusas or Beef Patties Pickled cabbage Cucumber salad	14 Crispy Chicken Sandwich Baked Beans Sautéed greens	15 Grilled Cheese & Homemade Chicken Soup Carrots & Celery
18 Assorted Quesdallia Salsa cup Roasted Spicy Chickpeas	19 Sloppy Joe on WG Bun Roasted Sweet potatoes Mixed Green salad	20 Buffalo Chicken Sandwich Baked Fries Cole Slaw	21 Pasta w/Meat sauce Sautéed Broccoli Rabe Baby Carrots	22 Pizza bites and crunchers Marinara sauce Roasted green beans
25 <u>Brunch for Lunch</u> Chicken Sausage, Egg & cheese on English Muffin Spiral Fries Sweet Potato Mash	26 Tostitos Tacos Bean Salad Shredded lettuce & Tomato	27 Chef's Choice Special Buffet	28 SCHOOL CLOSED	29 SCHOOL CLOSED

### DAILY GRAB-N-GO ALTERNATES

- Crispy or Grilled Chick-en on a WG Roll/or wrap
- Garden Salad
- Fruit Platter
- Chef's Choice Deli Wraps and Sandwiches

### Meal Components

Meat/  
Meat alternative  
2 oz. daily

10 oz. weekly

Whole Grain  
2 oz. daily

10 oz. weekly

Vegetables

1 cup daily  
offered

Fruit

1 Cup daily  
offered

Milk

8 oz. milk  
choice or 1%  
unflavored or fat  
free chocolate

### USDA Regulations

Student s must  
take **3 of 5**  
components  
1 of which must  
be a  
fruit or  
vegetable

### Start your day the right way!

Our whole grain breakfast options include:

Bagels, donuts, assorted muffins, assorted cereals and breakfast sandwiches with a choice of fruit or juice and two varieties of milk.

### Smart Snacks Sold Daily

Prices range from **50¢ - \$2.00**

Add funds to your scholar's account via cash or check at the register.