



# March 2021

## Schenectady Dinner Hybrid Menu Pre -K



### SUNDAY

March is National Nutrition Month  
**Eat Right!**



### MONDAY

**1**  
**Beef Meatball Sub**  
w/ Whole Grain Roll

Sliced Peaches  
Crinkle Fries  
Low fat 1% or Skim Milk

### TUESDAY

**2**  
**Teriyaki Chicken Brown Rice Bowl**

Diced Pears  
Broccoli Florets  
Low fat 1% or Skim Milk

### WEDNESDAY

**3**  
**Chicken Pot Pie**  
w/ Whole Grain Dinner Roll

Apple Slices  
Carrots  
Low fat 1% or Skim Milk

### THURSDAY

**4**  
**Turkey Chili**  
w/ WG Dinner Roll

Fresh Orange  
Black Beans  
Low fat 1% or Skim Milk

### FRIDAY

**5**  
**Macaroni and Cheese**

Mixed Fruit Cup  
Green Beans  
Low fat 1% or Skim Milk

### SATURDAY

**6**  
**Chicken Strip Parm Sandwich**  
on WG Bun

Fresh Apple  
Seasoned Corn  
Low fat 1% or Skim Milk

**7**  
**Soft Shell Twin Tacos**  
w/ Turkey Taco Meat

Applesauce  
Green Beans  
Low fat 1% or Skim Milk

**8**  
**Asian Beef Meatball Bowl**  
w/ Rice

Mixed Fruit Cup  
Broccoli Florets  
Low fat 1% or Skim Milk

**9**  
**Turkey Sloppy Joe**  
on WG Bun

Diced Pears  
Carrots  
Low fat 1% or Skim Milk

**10**  
**Cheeseburger**  
on WG Bun

Fresh Pear  
Baked Fries  
Low fat 1% or Skim Milk

**11**  
**Diced BBQ Chicken Sandwich**  
on WG Bun

Fresh Orange  
Green Beans  
Low fat 1% or Skim Milk

**12**  
**Turkey Taco Quesadilla**

Fresh Apple  
Black Beans  
Low fat 1% or Skim Milk

**13**  
**Chicken Patty Sandwich**  
on WG Bun

Sliced Peaches  
Corn  
Low fat 1% or Skim Milk

**14**  
**Asian Chicken Rice Bowl**  
Fresh Apple  
Carrots  
Low fat 1% or Skim Milk



**15**  
**Loaded Turkey Nachos**

Fresh Orange  
Black Beans  
Low fat 1% or Skim Milk

**16**  
**Chicken Patty Sandwich**  
on WG Bun

Mixed Fruit Cup  
Crinkle Fries  
Low fat 1% or Skim Milk

**17**  
**Cheese Quesadilla**  
Strawberry Cup  
Broccoli Florets  
Low fat 1% or Skim Milk



**18**  
**Sweet and Sour Chicken Rice Bowl**

Fresh Pear  
Cucumber  
Wheels  
Low fat 1% or Skim Milk

**19**  
**Chicken Ranch Sandwich**  
on WG Bun

Sliced Peaches  
Carrots  
Low fat 1% or Skim Milk

**20**  
**Soft Shell Twin Tacos**  
w/ Turkey Taco Meat

Diced Pears  
Corn  
Low fat 1% or Skim Milk

**21**  
**Chicken Pot Pie**  
W/ Whole Grain Biscuit

Applesauce  
Broccoli  
Low fat 1% or Skim Milk

**22**  
**Turkey Taco Totchos**

Sliced Peaches  
Garden Peas  
Low fat 1% or Skim Milk

**23**  
**Cheeseburger**  
on WG Bun

Diced Pears  
Vegetarian Baked Beans  
Low fat 1% or Skim Milk

**24**  
**Chicken Fiesta Brown Rice Bowl**

Fresh Orange  
Corn Kernels  
Low fat 1% or Skim Milk  
Salsa

**25**  
**Asian Chicken w/ Rice**

Fresh Apple  
Carrots  
Low fat 1% or Skim Milk

**26**  
**Italian Chicken Penne**

Fresh Pear  
Broccoli Florets  
Low fat 1% or Skim Milk

**27**  
**Turkey Chili**  
w/ WG Dinner Roll

Applesauce  
Celery Sticks  
Low fat 1% or Skim Milk

**28**  
**Chicken Nuggets**  
w/ Dip and Dinner Roll

Fresh Orange  
Carrots  
Low fat 1% or Skim Milk

**29**  
**Hamburger**  
on WG Bun

Mixed Fruit Cup  
Corn  
Low fat 1% or Skim Milk

**30**  
**Orange Chicken**  
w/ Not-So-Fried Rice

Strawberry Cup  
Snap Peas  
Low fat 1% or Skim Milk

**31**  
**Turkey Pepperoni Pizza**

Diced Pears  
Green Beans  
Low fat 1% or Skim Milk

Or find our menu online at:

<https://schenectadysd.sodexomyway.com>

OR

Use So Happy to access your school's menus. Find nutrition, allergy information and more!



Download for free at the app store.

Menu Items Are Subject To Change.

**Please make server aware of any known allergies.**

All Meals are served with fat free flavored milk: All grains are whole grain rich.

USDA and this institution are equal opportunity providers and employers

Dinner is Available to ALL Students, for free.

