



March 2021 Schenectady Dinner Hybrid Menu K-12 And

* Learning Pod Menu To Go



SUNDAY

March is National Nutrition Month
Eat Right!



MONDAY

1
Beef Meatball Sub
w/ Whole Grain Roll

Sliced Peaches
Crinkle Fries
Milk

TUESDAY

2
Teriyaki Chicken
Brown Rice Bowl

Diced Pears
Broccoli Florets
Milk

WEDNESDAY

3
Chicken Pot Pie
w/ Whole Grain Roll

Apple Slices
Baby Carrots
Milk

THURSDAY

4
Turkey Chili
w/ WG Dinner Roll

Fresh Orange
Black Beans
Milk

FRIDAY

5
Macaroni and
Cheese

Mixed Fruit Cup
Cherry Tomatoes
Milk

SATURDAY

6
Chicken Strip
Parm Sandwich
on WG Bun

Fresh Apple
Seasoned Corn
Milk

7
Soft Shell Twin
Tacos
w/ Turkey Taco Meat

Applesauce
Corn Kernels
Milk

8
Asian Beef
Meatball Bowl
w/ Rice

Mixed Fruit Cup
Broccoli Florets
Milk

9
Turkey Sloppy
Joe
on WG Bun

Diced Pears
Carrots
Milk

10
Cheeseburger
on WG Bun

Fresh Pear
Baked Fries
Milk

11
Diced BBQ
Chicken
Sandwich
on WG Bun

Fresh Orange
Green Beans
Milk

12
Turkey Taco
Quesadilla

Fresh Apple
Black Beans
Milk

13
Buffalo Chicken
Patty Sandwich
on WG Bun

Sliced Peaches
Baby Carrots
Milk

14
Asian Chicken
Rice Bowl

Fresh Apple
Baby Carrots
Milk



15
Loaded Turkey
Nachos

Fresh Orange
Black Beans
Milk

16
Chicken Patty
Sandwich
on WG Bun

Mixed Fruit Cup
Crinkle Fries
Milk

17
Cheese
Quesadilla

Strawberry Cup
Broccoli Florets
Milk



18
Sweet and Sour
Chicken Rice
Bowl

Fresh Pear
Cucumber
Wheels
Milk

19
Chicken Ranch
Sandwich
on WG Bun

Sliced Peaches
Cherry Tomatoes
Milk

20
Soft shell Twin
Tacos
w/ Turkey Taco Meat

Diced Pears
Corn
Milk

21
Chicken Pot Pie
w/ Whole Grain
Biscuit

Applesauce
Broccoli
Milk

22
Turkey Taco
Totchos

Sliced Peaches
Garden Peas
Milk

23
Diced BBQ
Chicken Wrap

Diced Pears
Vegetarian Baked
Beans
Milk

24
Chicken Fiesta
Brown Rice Bowl

Fresh Orange
Corn Kernels
Milk
Salsa

25
Spicy Asian
Chicken w/ Rice

Fresh Apple
Carrots
Milk

26
Italian Chicken
Penne

Fresh Pear
Broccoli Florets
Milk

27
Turkey Chili
w/ WG Dinner Roll

Applesauce
Celery Sticks
Milk

28
Chicken Nuggets
w/ Dip and Dinner
Roll

Fresh Orange
Cherry Tomatoes
Milk

29
Chicken Cordon
Bleu Sandwich
on WG Bun

Mixed Fruit Cup
Corn
Milk

30
Orange Chicken
w/ Not-So-Fried Rice

Strawberry Cup
Snap Peas
Milk

31
Turkey
Pepperoni Pizza

Diced Pears
Garbanzo Beans
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.

* Learning Pod Menu – dinner provided to go.