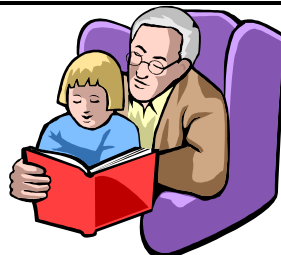


# Indian Lake Central School District Cafeteria Menu – March 2010

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <b>1</b>  | <b>2</b>  | <b>3</b>  | <b>4</b>  | <b>5</b>   |
| English Muffin, Peanut Butter, Fruit, Juice<br>-----<br>Sloppy Joe, Oven Baked Potatoes, Green Beans, Fruit                         | If You Give a Moose a Muffin Squares, Yogurt, Fruit, Juice<br>-----<br>Chicken Patty on a Bun, Lettuce, Tomato, Cheese, Potato Puffs, Peas, Fruit | Sausage & Biscuit, Fruit, Juice<br>-----<br>Cheese Ravioli, Garden Salad, Garlic Bread, Fruit   | Bagel, Cream Cheese, Fruit, Juice<br>-----<br>Chicken & Biscuits, Mashed Potatoes, Cranberry Sauce, Apple Crisp | French Toast, Syrup, Fruit, Juice<br>-----<br>Cheese Pizza, Garden Salad, Fruit  |
| <b>8</b>  | <b>9</b>  | <b>10</b>   | <b>11</b>   | <b>12</b>  |
| Bagel, Cream Cheese, Fruit, Juice<br>-----<br>It's Raining pigs and Noodles with Meat sauce, Tossed Salad, Garlic Bread, Fruit      | Crisp Rice, Toast, Jelly, Fruit, Juice<br>-----<br>Meat Loaf, Mashed Potatoes, Peas, Fruit  | Scrambled Eggs, Hash Brown, Fruit, Juice<br>-----<br>Turkey & Cheese Hero, Lettuce, Tomato, Onion, Broccoli, Dirty Fries, Strawberry Short Cake | Cinnamon Roll, Yogurt, Fruit, Juice<br>-----<br>Hot Dog on a Bun, Baked Beans, Sauerkraut, Fruit                | Waffles, Syrup, Fruit, Juice<br>-----<br>Fish on a Bun, Potato Puffs, Green Beans, Fruit                                 |
| <b>15</b>   | <b>16</b>   | <b>17</b>   | <b>18</b>   | <b>19</b>  |
| Breakfast Pizza, Fruit, Juice<br>-----<br>Hamburger Hill on a Bun, Lettuce, Tomato, Onion, Cheese, French Fries, Green Beans, Fruit | If You Give a Pig a Pancakes, Syrup, Fruit, Juice<br>-----<br>Meatless Ziti, Toss Salad, Garlic Bread, Fruit                                      | Toasted Oats, Toast, Jelly, Fruit, Juice<br>-----<br>Hot Turkey Sandwich, Mash Potatoes, Cranberry Sauce, Johnny Appleseed Cake                 | Bagel, Cream Cheese, Fruit, Juice<br>-----<br>Chicken Nuggets, Rice Pilaf, Peas, Fruit                          | Muffin Square, Cheese Stick, Fruit, Juice<br>-----<br>Toasted Stinky Cheese Man, Tomato Soup, Carrot Stick w/ Dip, Fruit |
| <b>22</b>   | <b>23</b>   | <b>24</b>   | <b>25</b>   | <b>26</b>  |
| Plain Bagel, Cream Cheese, Fruit, Juice<br>-----<br>Baked Potato, Choice of Topping, Broccoli, Bread Sticks, Fruit                  | Sausage & Biscuit, Fruit, Juice<br>-----<br>Chicken Soup for the Soul, Tuna Fish or Peanut Butter Sandwich, Juice, Cookie                         | Crisp Rice, Toast, Jelly, Fruit, Juice<br>-----<br>Chicken a' la Jeff, Corn, Dinner Roll, Margarine, Fruit                                      | French Toast, Syrup, Fruit, Juice<br>-----<br>Taco Salad Bar, Spanish Rice, Fruit                               | Cinnamon Roll, Yogurt, Fruit, Juice<br>-----<br>Cheese Pizza, Tossed Salad, Peas, Fruit                                  |
| <b>29</b>   | <b>30</b>   | <b>31</b>   |   |  |
| Waffles, Syrup, Fruit, Juice<br>-----<br>Hot Dog on a Bun, Baked Beans, Sauerkraut, Fruit   | Plain Bagel, Cream Cheese, Fruit, Juice<br>-----<br>Cloudy with a Chance of Meatballs Sub, French Fries, Green Beans, Fruit                       | Breakfast Pizza, Fruit, Juice<br>-----<br>Mexican Lasagna, Garden Salad, Corn, Fruit  |   |  |

*Choice of Milk: Skim, Reduced Fat, Low Fat Chocolate,  
Entrée Alternatives: Peanut Butter and Jelly Belly or Cheese Sandwiches, Yogurt, Shaker Salad*



*Prepayment available – call (518) 648-5024 for information.  
Menu subject to change without notice.*

