



FALLSBURG

CENTRAL SCHOOL DISTRICT

Home of the Comets!

LUNCH MENU Feb/Mar 2019

Monday 2/11/2019	Tuesday 2/12/2019	Wednesday 2/13/2019	Thursday 2/14/2019	Friday 2/15/2019
Breakfast For Lunch Pancakes or Waffles Sausage Patty Hash Browned Potatoes SALAD BAR Asst Juice, Fresh & Canned Fruit Ketchup Syrup Milk 1% White, Skim & FF Flav	Turkey and Gravy Bowl Corn Bread Mashed Potatoes Confetti Corn SALAD BAR Asst Juice, Fresh & Canned Fruit Milk 1% White, Skim & FF Flav	Chicken Fajita W. Onion/Peppers Flour Tortilla/ Rice Black Bean Salad Tossed Romaine Salad SALAD BAR Asst Juice, Fresh & Canned Fruit Salsa SC Milk 1% White, Skim & FF Flav	Hot Ham or Turkey & Cheese on WG Bun Maple Glazed Carrots SALAD BAR Asst Juice, Fresh & Canned Fruit Mustard Milk 1% White, Skim & FF Flav	Assorted Pizzas Roasted Chick Peas Caesar Salad SALAD BAR Asst Juice, Fresh & Canned Fruit Milk 1% White, Skim & FF Flav
2/18/2019	2/19/2019	2/20/2019	2/21/2019	2/22/2019
Baked Fish Sticks Lemon Rice Green Peas SALAD BAR Asst Juice, Fresh & Canned Fruit Tartar Sauce Milk 1% White, Skim & FF Flav	Chicken Patty on a WG Bun Baked Fries Corn SALAD BAR Asst Juice, Fresh & Canned Fruit Ketchup, Mustard, Mayo Milk 1% White, Skim & FF Flav	Baked Ham & Dinner Roll Spiced Sweet Potatoes Green Beans SALAD BAR Asst Juice, Fresh & Canned Fruit Butter Pat Milk 1% White, Skim & FF Flav	Soft Beef & Cheese Tacos Spanish Rice Lettuce/Tomatoes Rice SALAD BAR Asst Juice, Fresh & Canned Fruit Salsa SC Milk 1% White, Skim & FF Flav	Assorted Pizza Tossed Salad Roasted Chick Peas SALAD BAR Asst Juice, Fresh & Canned Fruit FF Ranch Milk 1% White, Skim & FF Flav
2/25/2019	2/26/2019	2/27/2019	2/28/2019	3/1/2019
Bosco Sticks Marinara Dipping Sauce Sautéed Garlic Zucchini SALAD BAR Asst Juice, Fresh & Canned Fruit Milk 1% White, Skim & FF Flav	BBQ Diced Chicken Corn Bread Baked Potato Green Beans SALAD BAR Asst Juice, Fresh & Canned Fruit Butter Pat Milk 1% White, Skim & FF Flav	Macaroni & Cheese w/wo Ham Garlic Bread Stick Green Beans SALAD BAR Asst Juice, Fresh & Canned Fruit Mustard Milk 1% White, Skim & FF Flav	Beef Nachos! w. Tostitos & Shredded Cheese Lettuce, Tomato SALAD BAR Asst Juice, Fresh & Canned Fruit Salsa SC Milk 1% White, Skim & FF Flav	Assorted Pizzas Corn and Black Bean Salad Tossed Salad SALAD BAR Asst Juice, Fresh & Canned Fruit FF Ranch Milk 1% White, Skim & FF Flav

Monday	Tuesday	Wednesday	Thursday	Friday
3/4/2019 Chicken Nuggets Veggie Rice Sliced Cukes SALAD BAR Asst Juice, Fresh & Canned Fruit Dipping Sauces Milk 1% White, Skim & FF Flav	3/5/2019 Salisbury Steak & WG Roll Mushroom Gravy Mashed Potatoes Fresh Broccoli SALAD BAR Asst Juice, Fresh & Canned Fruit Milk 1% White, Skim & FF Flav	3/6/2019 Hot Ham & Cheese on WG Bun Maple Glazed Carrots SALAD BAR Asst Juice, Fresh & Canned Fruit Milk 1% White, Skim & FF Flav	3/7/2019 WG Pasta and Meat Sauce Garlic Bread Stick Tossed Salad SALAD BAR Asst Juice, Fresh & Canned Fruit Milk 1% White, Skim & FF Flav	3/8/2019 Assorted Pizza Assorted Veg Sticks Roasted Chick Peas SALAD BAR Asst Juice, Fresh & Canned Fruit FF Ranch Milk 1% White, Skim & FF Flav
3/11/2019 Baked Fish Sticks Lemon Rice Green Peas SALAD BAR Asst Juice, Fresh & Canned Fruit Tartar Sauce Milk 1% White, Skim & FF Flav	3/12/2019 Hot Dog On a Whole Wheat Bun Pasta Salad with Veggies Carrots SALAD BAR Asst Juice, Fresh & Canned Fruit Ketchup Mustard Milk 1% White, Skim & FF Flav	3/13/2019 SCHOOL CLOSED CONFERENCE DAY	3/14/2019 Sweet n Sour Chicken Savory Rice Steamed Broccoli Chow Mein Noodle Garnish SALAD BAR Asst Juice, Fresh & Canned Fruit Milk 1% White, Skim & FF Flav	3/15/2019 Assorted Pizzas Corn and Black Bean Salad Tossed Salad SALAD BAR Asst Juice, Fresh & Canned Fruit FF Ranch Milk 1% White, Skim & FF Flav
3/18/2019 Bosco Stix w.Meatballs and sauce Garlic Green Beans SALAD BAR Asst Juice, Fresh & Canned Fruit Asst. Dipping Sauce FF Milk 1% White, Skim & FF Flav	3/19/2019 Comet Burger Tater Tots Baby Carrots Lettuce/Tomato SALAD BAR Asst Juice, Fresh & Canned Fruit Ketchup Mustard Milk 1% White, Skim & FF Flav	3/20/2019 Chicken Fajita Flour Tortilla/ Rice Black Bean Salad Tossed Romaine Salad SALAD BAR Asst Juice, Fresh & Canned Fruit Salsa SC Milk 1% White, Skim & FF Flav	3/21/2019 BBQ Beef on WG bun Mashed Potatoes Peas SALAD BAR Asst Juice, Fresh & Canned Fruit Milk 1% White, Skim & FF Flav	3/22/2019 Assorted Pizza Assorted Veg Sticks Caesar Salad SALAD BAR Asst Juice, Fresh & Canned Fruit FF Ranch Milk 1% White, Skim & FF Flav
3/25/2019 Chicken Nuggets Veggie Rice Tossed Romaine Salad SALAD BAR Asst Juice, Fresh & Canned Fruit Asst. Dipping Sauce FF Milk 1% White, Skim & FF Flav	3/26/2019 Baked Potato W. Chili Shredded Cheddar Broccoli Tostitos SALAD BAR Asst Juice, Fresh & Canned Fruit Salsa SC Milk 1% White, Skim & FF Flav	3/27/2019 Macaroni & Cheese w/wo Ham Garlic Bread Stick Baby Carrot SALAD BAR Asst Juice, Fresh & Canned Fruit FF Ranch Milk 1% White, Skim & FF Flav	3/28/2019 Chicken & Gravy Bowl Dinner Roll Mashed Potatoes Corn SALAD BAR Asst Juice, Fresh & Canned Fruit Butter Pat Milk 1% White, Skim & FF Flav	3/29/2019 Assorted Pizzas Corn and Black Bean Salad Tossed Salad SALAD BAR Asst Juice, Fresh & Canned Fruit FF Ranch Milk 1% White, Skim & FF Flav