






March 2023
Niagara Academy Lunch Menu
Lunch Price \$2.60



Menu is subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday
 Visit www.myschoolbucks.com to set up a lunch account to monitor and apply money to your child's account throughout the school year	 Cabbage Apples	1 Rotini with meat sauce ----- Broccoli ½ c Green Beans ½ c Fresh Fruit 1piece Milk-8oz	2 Chicken Finger Sub ----- Corn ½ c Carrots ½ C Fruit ½ C NYS Fresh Apple-1piece Milk-8oz	3 Chicken Alfredo w/rotini and dinner roll ----- Carrots ½ c Corn ½ c Milk-8oz
6 Sweet and sour Chicken over Rice w/dinner roll ----- Broccoli ½ c Corn 1/2 c Fresh Fruit-1 piece Milk-8oz	7 Tacos on Soft Shell 8" w/ Taco Meat, Cheese w/seasoned rice ----- Baked beans ½ C Carrots ¾ C Fruit ½ C Milk 8 oz	8 BBQ Baked Chicken with seasoned rice and dinner roll ----- Green Beans ½ c NYS Cole Slaw ½ c Fresh Fruit-1 piece Milk- 8oz	9 Hamburger or Cheeseburger on WG roll ----- French Fries ½ C Broccoli ½ c Fruit 1/2c Milk-8oz	10 Mac and Cheese (Bflo Chicken or Plain) ----- Carrots ¾ c Green Beans Fruit ½ c Milk-8oz
13 Philly Cheese Steak on WG roll ----- Green Beans ½ c Carrots ½ c NYS Fresh Apple -1 Piece Milk-8oz	14 Chicken taco Seasoned chicken with lettuce and cheese on 8" wrap w/rice (1/2C) ----- Baked Beans ½ c Broccoli ½ c Fruit 1/2c Milk-8oz	13 Lazy Lasagna with Dinner roll ----- Corn ½ c Green Beans ½ c NYS Fresh Apple -1 Piece Milk-8oz	16 Chicken Patty On wg roll ----- Carrots ½ C Cherry Tomatoes ½ c Fruit ½ C Milk -8oz	17 
20 Mac n Cheese 1 1/3c (Bflo Chicken or Plain) ----- Green Beans ½ c Cherry Tomatoes ½ C Fruit 1/2c Milk-8oz	21 Tacos on Soft Shell 8" w/ Taco Meat, Cheese w/seasoned rice ----- Corn ½ c Baked Beans ½ C NYS Fresh Apples-1 Piece Milk- 8oz	22 Chicken Alfredo over seasoned pasta ----- Carrots 1/2 c Green Beans ½ c Fruit 1/2c Milk-8oz	23 Chicken Finger Sub w/lettuce and cheese ----- Broccoli ½ c 1 c Romaine Salad = ½ C Fruit ½ C Milk -8oz	24 Grilled Cheese With tomato soup ----- NYS Cole Slaw ½ C Carrots ½ c Fruit 1/2c Milk-8oz
27 Hamburger or Cheeseburger on WG roll ----- Broccoli ½ C Carrots ¾ C NYS Fresh Apple-1 piece Milk-8oz	28 Chicken Fajita 8" wrap with peppers and onions w/seasoned rice ----- Baked Bean ½C Corn ½ C Fruit 1/2c Milk-8oz	27 BBQ Pulled Pork on wg/roll ----- Carrots ¾ C Broccoli ½ c NYS Fresh Apple-1 piece Milk-8oz	30 Chicken Nuggets with seasoned pasta ----- Green Beans ½ c Cauliflower ½ c NYS Fresh Apples-1 Piece Milk- 8oz	31 Rotini w/ sauce and meatballs ----- Corn ½ c 1 c Romaine Salad = ½ C Fresh Fruit 1 piece Milk-8oz

NYS LOCAL FOODS

*Upstate Farms Dairy
 -milk, yogurt, sour cream
 *LynOaken Farms Apples
 *Local Farm Vegetables and Fruit
used in Meal Program
highlighted in green

In addition to the Entrée of the Day, we also serve the following items Daily:

6" Subs and Wraps (2M2G)

Salads Made to Order
 (Includes Dinner Rolls) 2M2G

Peanut Butter & Jelly Sandwich (2M2G)

Fruit & Yogurt Parfait w/dinner rolls
 (2M2G)

Offered daily
with all School Lunches:
Fresh or Prepared Fruit
 (Must take ½ cup of Fruit or Vegetable – may take up to 1 cup)

NY State Non or Low Fat White or Non Fat Chocolate Milk 8oz