



Seacoast Charter School

March 2010

Monday 3/1/10	Tuesday 3/2/10	Wednesday 3/3/10	Thursday 3/4/10	Friday 3/5/10
Southern Hospitality Chicken Tenders Smashed Potatoes Warm Corn Bread Green Peas Sweet Georgia Peaches	Tijuana Tuesday Beef Tacos Spanish Rice Mexicali Corn Apple Sauce	Tour of Sicily Chicken and Broccoli Alfredo with Pasta Garlic Bread Crisp Caesar Salad Pears	Carve It Up Roast Turkey Mashed Potatoes Carrots Fresh Baked Roll Warm Apple Crisp	Fresh Picks Pizza Cheese Pizza Or Chef's Topping Side Salad Fresh Fruit
Monday 3/8/10	Tuesday 3/9/10	Wednesday 3/10/10	Thursday 3/11/10	Friday 3/12/10
Comfort Food Grilled Cheese Sandwich Tomato Soup Garden Salad	Brunch For Lunch French Toast Sticks Syrup Scrambled Eggs Hash Browns Blueberry Cup	The Impastable Dream Home Made Baked Mac and Cheese Garlic Bread Green Beans Peach Cup	New England Chicken Patty on a Wheat Roll Oven Fries Fresh Apple	Fresh Picks Pizza Cheese Pizza Or Chef's Topping Veggie Sticks /Dip Raisins
Monday 3/15/10	Tuesday 3/16/10	Wednesday 3/17/10	Thursday 3/18/10	Friday 3/19/10
The Big Cheese Baked Mozzarella Cheese Sticks Marinara Dipping Sauce Garlic Bread Seasoned Carrots Fresh Mac Apple	The Chicken Coop Chicken Nuggets Dipping Sauce Oven Fries Wheat Roll Green Beans Fruit Cocktail	<i>Happy St. Patrick's Day!</i> Ham Dinner Baked Ham Parshied Potatoes Mashed Turnip Green Cabbage Dinner Roll Leprechaun Cake	Fiesta Ole` Chicken Fajitas Seasoned Rice Sweet Corn Pineapple Chunks	No School
Monday 3/22/10	Tuesday 3/23/10	Wednesday 3/24/10	Thursday 3/25/10	Friday 3/26/10
Chester Cheese Burger Cheese Burger on a Bun Tater Tots Carrot Coins Apple Sauce	Healthy Picks Chicken Caesar Salad Parmesan Roll Blueberry Cobbler	That's Italian Spaghetti and Meatballs Garlic Bread Caesar Salad Fresh Apple	BBQ Bonanza BBQ Chicken Wrap With lettuce and Tomato Roasted Garlic Potatoes BBQ Baked Beans Jamboree Jell-o	Fresh Picks Pizza Cheese Pizza Or Chef's Topping Carrot Sticks Raisins
Monday 3/29/10	Tuesday 3/30/10	Wednesday 3/31/10		
Super Nacho Bar Nachos Grande w/ Beef, Cheese Sauce Salsa Garden Salad Cinnamon Apple Slices	Chicken Mania Chicken Parmesan Italian Roasted Potatoes Wheat Dinner Roll Green Beans Peaches	Mamma Mia Baked Ziti with Homemade Meat Sauce Garlic Roll Heart Healthy Salad Brownie	March is National Nutrition Month Eat Smart, Think Smart! 	In accordance with Federal law and U.S. Dept. of Agriculture policy, this establishment is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.



Al la carte milk order

- # _____ Week 1
- # _____ Week 2
- # _____ Week 3
- # _____ Week 4
- # _____ Week 5



Café Services is a Proud Sponsor of the NH Farm to School Project. We Buy Local First. These are just some of the farm partners we would like to thank:

Giles Farm, Brookdale Farm, Heron Pond Farm, Barkers Farm, Zacks Farm, Picnic Rock Farm



Any Questions or Comments, Please contact your Food Service Director Tara Stone at 603-642-3341*132