

Tolland Intermediate School

MENUS FOR MARCH 2024

*This institution is an equal
opportunity provider
and employer.*

MEAL PRICES

BREAKFAST - Free
for ALL STUDENTS
Served from 8:30-8:50

LUNCH - \$3.15
Free for all students
eligible for free OR
reduced priced meals



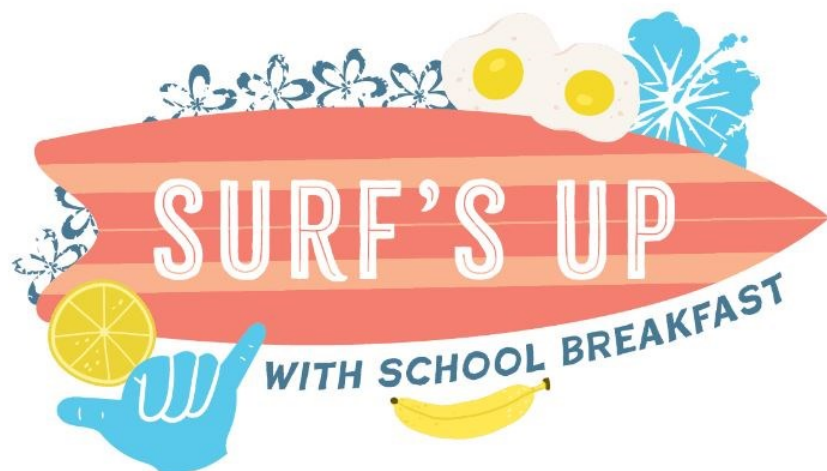
AVAILABLE DAILY

All Lunches include:

Rainbow Fruit Tray
Rainbow Vegetable
Tray, Ice Cold
Flavored or White
Milk

*Students must choose a fruit
or vegetable to make a
complete meal.*

Ala Carte Milk is .75



Kids!
Join us March 4-8
for
National School
Breakfast Week
2024!

Friday, March 1

French Toast with Chicken
Sausage

Chicken Patty on a Soft Bun

Yogurt & Muffin Plate with
String Cheese

Monday, March 4

Cheese Pizza

Cheeseburger on a soft bun

Yogurt & Cereal Plate with
String Cheese

Tuesday, March 5

Dutch Waffle

Cheeseburger on a soft bun

Yogurt & Cereal Plate with
String Cheese

Wednesday, March 6

Mini Ravioli with a Grain
Side

Cheeseburger on a soft bun

Yogurt & Cereal Plate with
String Cheese

Thursday, March 7

EARLY RELEASE

Popcorn Chicken with a
Grain Side

Yogurt & Cereal Plate with
String Cheese

Friday, March 8

EARLY RELEASE

Cheese Filled Twisted
Breadstick

Yogurt & Cereal Plate with
String Cheese

Daylight Saving Time was first proposed
by Benjamin Franklin in 1784, as a way to
save money on candles!

Spring forward
on
March 10



Monday, March 11

Chicken Nuggets
with a grain side

Hot Dog on a Bun

Yogurt & Bagel Plate with
String Cheese

Tuesday, March 12

Asian Chicken
with Rice

Hot Dog on a Bun

Yogurt & Bagel Plate with
String Cheese

Wednesday, March 13

Pancakes
with Chicken Sausage

Hot Dog on a Bun

Yogurt & Bagel Plate with
String Cheese

Thursday, March 14

Cheese Pizza

Hot Dog on a Bun

Yogurt & Bagel Plate with
String Cheese

Friday, March 15

Macaroni & Cheese
with a Grain Side

Hot Dog on a Bun

Yogurt & Bagel Plate with
String Cheese

Monday, March 18

Mini Corn Dog
Nuggets

Cheese Pizza

Yogurt & Muffin Plate with
String Cheese

Tuesday, March 19

Pasta with Meat or Plain
Sauce

Cheese Pizza

Yogurt & Muffin Plate with
String Cheese

Wednesday, March 20

EARLY RELEASE

Chicken Tenders with a
Grain Side

Yogurt & Muffin Plate with
String Cheese

Thursday, March 21

Mozzarella Sticks with
marinara dipping sauce

Cheese Pizza

Yogurt & Muffin Plate with
String Cheese

Friday, March 22

French Toast with Chicken
Sausage

Cheese Pizza

Yogurt & Muffin Plate with
String Cheese

Monday, March 25

Egg Sandwich with Chicken
Sausage & Cheese

Fish Sandwich

Yogurt & Cereal Plate with
String Cheese

Tuesday, March 26

Chicken Parmesan Sandwich

Fish Sandwich

Yogurt & Cereal Plate with
String Cheese

Wednesday, March 27

Cheese Pizza

Fish Sandwich

Yogurt & Cereal Plate with
String Cheese

Thursday, March 28

Popcorn Chicken
with a grain side

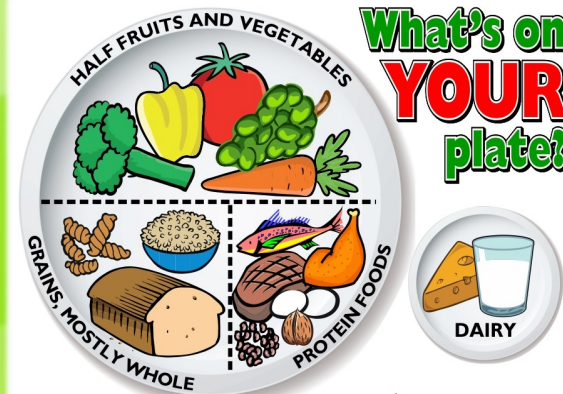
Fish Sandwich

Yogurt & Cereal Plate with
String Cheese

Friday, March 29



**No
School
Today**



**What did the
Teddy Bear
say when
he was
offered
dessert?**



“No, thanks. I’m stuffed!” Actually, that’s not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

NUTRITION TO GO

**Turns out Grandma was right:
chicken soup IS good for a cold!
Chicken soup helps to ease cold
symptoms by breaking up congestion,
keeping you hydrated, and even acting
as an anti-inflammatory. The taste
and aroma can be therapeutic, too!
There’s no cure for a cold, but a
piping hot bowl of soup can
at least offer some relief.**

A QUICK BITE FOR PARENTS