

Tolland Middle School

MENUS FOR MARCH 2024

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

MEAL PRICES

**BREAKFAST - Free for
ALL STUDENTS**
Served from 7:30-7:55

LUNCH - \$3.35
DELI LUNCH—\$3.75
**Free for all students
eligible for free OR
reduced priced meals**

Carrots

have more beta carotene
than any other veggie,
great for eyesight and for
fighting infections.



Friday, March 1

Deli Sandwich

Mozzarella Sticks with
Dipping Sauce

Beef Chili with Grain Side

Monday, March 4

Deli Sandwich

Hot Dog on a Roll
with fries

Personal Round Pizza

Tuesday, March 5

Deli Sandwich

Popcorn Chicken
with a grain side

Chicken & Cheese Quesadilla

Wednesday, March 6

Deli Sandwich

Lasagna Roll-up
& grain side

French Bread Pizza

Thursday, March 7

EARLY RELEASE

French Toast with Chicken
Sausage

Breakfast Pizza

Friday, March 8

EARLY RELEASE

Dutch Waffle & Yogurt

Breakfast Pizza

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

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

Deli Sandwich

Chicken Nuggets
with a grain side

Big Daddy's Pizza

Tuesday, March 12

Deli Sandwich

Meatball Grinder

Macaroni and Cheese
with a grain side

Wednesday, March 13

Deli Sandwich

Pasta with Meat Sauce &
grain side

French Bread Pizza

Thursday, March 14

Deli Sandwich

Cheeseburger
on a soft bun

Grilled Cheese Sandwich
with Tomato Soup

Friday, March 15

Deli Sandwich

Fish Patty on a Roll

Baked Potato, BBQ
Chicken, cheese, broccoli &
grain side

Monday, March 18

Deli Sandwich

General Tso's Rice Bowl,
Broccoli & fortune cookie

Buffalo Chicken Pizza

Tuesday, March 19

Deli Sandwich

Popcorn Chicken Bowl
with a roll

Personal Round Pizza

Wednesday, March 20

EARLY RELEASE

Egg, Sausage & Cheese
sandwich on a bagel

Breakfast Pizza

Thursday, March 21

Deli Sandwich

Chicken Drumstick with
mashed potato
& a roll

Big Daddy Pizza

Friday, March 22

Deli Sandwich

Cheese-filled Breadstick
with dipping sauce

Super Nacho Plate
(Taco beef and tortilla chips
with optional cheese, salsa and
sour cream)

Monday, March 25

Deli Sandwich

Chicken & Dumplings with
Fried Rice

Big Daddy Pizza

Tuesday, March 26

Deli Sandwich

Breakfast Platter (Scrambled
egg, sausage, French toast &
Hash browns)

Grilled Cheese Sandwich with
Tomato Soup

Wednesday, March 27

Deli Sandwich

Pasta with Meat Sauce &
grain side

French Bread Pizza

Thursday, March 28

Deli Sandwich

Meatball Grinder

Chicken Nuggets
with grain side

Friday, March 29



**No
School
Today**

NUTRITION 7060

**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

