



Adult Lunch \$5.50  
Milk \$0.55

# MARCH 2023

Gilbertsville-Mount Upton CSD

STUDENTS ARE ENTITLED TO  
1 FREE BREAKFAST AND  
1 FREE LUNCH  
THROUGH THE CEP PROGRAM

## Monday

**Sandwich**  
Feb. 28- March 3 Ham  
March 6-10 Turkey  
March 13-16 Egg Salad  
March 20-24 Tuna  
March 27-31 Ham



## Tuesday

## Wednesday

## Thursday

## Friday

Beef Taquitos **6**  
Lime Roasted Fiesta  
Corn & Black Beans  
Dinner Roll  
Fruit / Milk

Breakfast for Lunch **7**  
French Toast Sticks  
Sausage  
Sweet Potato Pudding  
Fruit / Milk

Chicken & Waffles **8**  
Cinnamon Garbanzo Beans  
Roasted Vegetables  
Fruit  
Milk

Sweet & Sour **9**  
Meatballs  
Rice  
Leafy Green Salad  
Fruit / Milk

Raider **10**  
Waffle Grilled Cheese  
Tomato Soup  
Carrots  
Fruit  
Milk

Mac & Cheese **13**  
Broccoli  
Pretzel  
Fruit  
Milk

Kung Pao Chicken **14**  
Rice  
Roasted Carrots  
Fruit  
Milk

PreK-4 Pizza **15**  
5-12 Pepperoni Roll  
Leafy Green Salad  
Fruit  
Milk

Noon Dismissal **16**  
Chicken Patty  
Cucumber  
Fruit / Milk

**17**  
Staff  
Development  
Day

Nacho's **20**  
Meat & Cheese  
Refried Beans  
Fruit  
Milk

Ravioli **21**  
Leafy Green Salad  
Dinner Roll  
Fruit  
Milk

Wild Mike's Pizza Bites **22**  
Leafy Green Salad  
Fruit  
Milk

Popcorn Chicken Bowl **23**  
Mashed Potato / Gravy  
Green Peas  
Fruit  
Milk

Noon Dismissal **24**  
Raider  
Beef Frank on Bun  
Carrots  
Apples / Milk

Chicken Alfredo **27**  
Broccoli  
Fruit  
Milk

Pulled Pork on Bun **28**  
Cole Slaw  
Baked Beans  
Fruit  
Milk

Pizza **29**  
Leafy Green Salad  
Fruit  
Milk

Chicken Tot Casserole **30**  
7-12  
Buffalo Tot Casserole  
Green Beans

Raider Day **31**  
Hamburger on Bun  
Chips  
Carrots  
Fruit / Milk



"GMUCSD IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER"

MENU SUBJECT TO CHANGE