



- 2023 -

# MARCH

**Kitchen Supervisor- Melissa Foy**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**MONDAY**

**TUESDAY**

## Flynn Elementary

### Minestrone Soup

All K-5 students have been cooking with Ms. Jen Trapani on Tuesdays. The focus has been on a delicious vegetable rich minestrone soup that will be featured on 3/29.



### Maple Sugaring Month

The taps are flowing in the month of March and our sugar-makers are hard at work. We are showcasing syrup from the **Couching Lion** sugar bush in Huntington, VT.



**Vegetarian options are available daily. Just ask your wonderful cooks.**

**6**

No School

**7**

No School

**1**

No School

**2**

No School

**3**

No School

**8**

**Cheesy Bread Sticks**  
Marinara Sauce  
Buttery Green Beans  
Kiwi Halves

Salad Bar & Milk

**9**

**Quesadillas**  
Cheese or Chicken  
Roasted Cauliflower  
Black Beans & Rice

Salad Bar & Milk

**10**

**Breakfast for Lunch**  
Chicken Sausage, Egg  
& Cheese Sandwich  
Maple Sweet Potatoes  
Oranges

  
Salad Bar & Milk

**13**

**Nacho Day**

Beef or Black Bean  
Roasted Corn  
Rice

Salad Bar & Milk

**14**

**Fish Sandwich**  
w/ Tartar Sauce  
Maple Roasted  
Carrots  
Fruit Salad

  
Salad Bar & Milk

**15**

**Orange Chicken**  
Fried Vegetable Rice  
Garlic Roasted  
Broccoli

Salad Bar & Milk

**16**

**PIZZA DAY**  
Buffalo Chicken or  
Cheese  
Pink Grapefruit

Salad Bar & Milk

**17**

**BBQ Pork Sandwich**  
Buttered Green Beans  
Seasoned Potato  
Wedges

Salad Bar & Milk

**20**

**Beef Burger  
or Black Bean Burger**  
w/ Cabot Cheese  
Maple Baked Beans  
Steak Fries

  
Salad Bar & Milk

**21**

**Roasted Chicken**  
Curried Cauliflower  
Crunchy Slaw  
Roll

Salad Bar & Milk

**22**

**Beef Shepherd's Pie**  
Green Beans  
Biscuit

Salad Bar & Milk

**23**

**Grab & Go Lunch**  
Deli Sandwich  
Sun Chips  
Local Apple

**(Half Day)**

**24**

**No School**

**27**

**Chicken Patty  
Sandwich  
or Black Bean Burger**  
Sweet Potato Fries  
Roasted Broccoli

Salad Bar & Milk

**28**

**Turkey Taco Pie**  
Buttery Corn  
Garden Salad  
W/Maple Balsamic  
Dressing

  
Salad Bar & Milk

**29**

**Ms. Jen's Minestrone  
Soup  
w/ Grilled Cheese**  
Fruit Salad

Salad Bar & Milk

**30**

**Turkish Chicken  
w/ Pita**  
Cucumber Sauce  
Chickpea Salad

Salad Bar & Milk

**31**

**Mac & Cheese**  
Steamed Vegetables  
Baby Kale Caesar

Salad Bar & Milk