



**Staples High School: MARCH 2017**

Monday	Tuesday	Wednesday-1	Thursday-2	Friday-3
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**BREAKFAST**

		Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
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**CREATE**

		Chicken and Waffles	Baked Ziti with Meatballs	BBQ Pulled Pork Sandwich
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**GRILL'D**

		Meatball Parm Hoagie	Build Your Own Burger Bar	Buffalo Chicken Wings
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**Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily**

**2MATO**

		Sausage Pizza	Meatball Pizza	Sausage & Cheese Calzone
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**Cheese and Pepperoni Pizza Daily**

**PANINI**

		Pastrami Reuben Panini	BBQ Chicken Panini	Turkey and Swiss Panini
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**ON THE GO SALADS & SANDWICHES**

Chicken Salad Club Wrap

Bruschetta Salad

**SO DELI**

**Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread**

**ON THE GO SNACK BAR**

Made to Order Sushi

Build Your Own Italian Bar-By The Ounce  
International Theme Changes Weekly!

**MONTHLY FOOD FOCUS:** March's Food Focus is Cruciferous Vegetables. Cruciferous vegetables are vegetables of the family Brassicaceae and include Brussels sprouts, kale, broccoli, cauliflower, cabbage, bok choy, collard greens, and kohlrabi. The cruciferous family of vegetables takes its name cruciferous (meaning "cross-bearing") from the shape of the plants' flowers, which have four petals resembling a cross. Cruciferous vegetables are rich in fiber, vitamins, minerals and phytochemicals.



**Have Questions?**

Deborah Vancoughnett  
Director of Dining Services  
(203) 341-2431



**Staples High School: MARCH 2017**

Monday-6	Tuesday-7	Wednesday-8	Thursday-9	Friday-10
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**BREAKFAST**

French Toast	Build Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
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**CREATE**

Make Your Own Burrito	Build Your Own Pasta Bar	Asian Beef Pepper Steak	Fettucine Carbonara	Steak and Cheese with Roasted Carrots
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**GRILL'D**

Crispy Chicken Ranchero	Build Your Own Burger Bar <b>Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily</b>	Chicken Parmesan Grinder	Build Your Own Burger Bar	Buffalo Chicken Wings
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**2MATO**

Sausage Pizza	Margherita Pizza	Meatball Pizza	Buffalo Chicken Pizza	Spinach and Cheese Calzone
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**Cheese and Pepperoni Pizza Daily**

**PANINI**

Fajita Chicken Panini	Ham and Cheddar Panini	Italian Combo Hoagie	Buffalo Chicken Ranch Panini	Turkey and Swiss
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**ON THE GO SALADS & SANDWICHES**

Cheddar and Roast Beef Baguette and Hummus and Veggie Salad
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**SO DELI**

**Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread**

**ON THE GO SNACK BAR**

Build Your Own Mexican Bar-By The Ounce International Theme Changes Weekly!
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**Staples High School: MARCH 2017**

Monday-13	Tuesday-14	Wednesday-15	Thursday-16	Friday-17
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**BREAKFAST**

Sausage Egg and Cheese	Build Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
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**CREATE**

BBQ Chicken Tenders and Fries	Build Your Pasta Bar	Build Your Own Quesadilla with Rice and Beans	Asian Noodle Bowl	Chicken Parmesan
				<b>St. Patrick's Day Corned Beef Special</b>

**GRILL'D**

Meatball Grinder	Burger Bar	Crispy BBQ Chicken Wrap	Burger Bar	Buffalo Wings
<b>Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily</b>				

**2MATO**

Meatball Pizza	Margherita Pizza	Sausage Pizza	BBQ Chicken Pizza	Ham and Cheese Calzone
<b>Cheese and Pepperoni Pizza Daily</b>				

**PANINI**

Chicken BLT Panini	Bacon Swiss Crispy Chicken Panini	Chicken Parmesan	Honey Mustard Ham and Cheddar	Buffalo Chicken Ranch Wrap
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**ON THE GO SALADS & SANDWICHES**

Ham and Cheddar and Fajita Chicken Salad

**SO DELI**

Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings & Bread

**ON THE GO SNACK BAR**

Asian Bar by the Ounce-International Theme Changes Weekly!

Made to Order Sushi

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## Staples High School: MARCH 2017

Monday-20	Tuesday-21	Wednesday-22	Thursday-23	Friday-24
<b>BREAKFAST</b>				
Sausage and Egg	Top Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
<b>CREATE</b>				
Sizzling Chicken Fajita Bar	Macaroni and Cheese Bar	Sloppy Joes with Tater Tots	Baked Ziti with Meat Sauce	Crispy Cantonese Pork
<b>GRILL'D</b>				
Meatball Grinder	Burger Bar	Crispy Buffalo Chicken Wrap	Burger Bar	Buffalo Wings
<b>2MATO</b>				
Margherita Pizza	Meatball Pizza	Sausage Pizza	Buffalo Chicken Pizza	Sausage and Cheese Calzone
<b>PANINI</b>				
Buffalo Chicken Panini	Ham and Cheddar Panini	Chicken and Sundried Tomato Panini	Roast Beef and Caramelized Onion	Chicken Bacon Ranch Panini
<b>ON THE GO SALADS &amp; SANDWICHES</b>				
Roast Turkey Club Chicken Cobb Salad				
<b>SO DELI</b>				
<b>Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings &amp; Bread</b>				
<b>ON THE GO SNACK BAR</b>				
Build Your Own Pho Bowl-By The Ounce International Theme Changes Weekly!				

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**Staples High School: MARCH 2017**

Monday-27	Tuesday-28	Wednesday-29	Thursday-30	Friday-31
<b>BREAKFAST</b>				
Breakfast Burrito	Build Your Own Omelet	Top Your Own Pancakes	Breakfast Pizza	Breakfast Panini
<b>CREATE</b>				
General Tso Chicken	Build Your Own Pasta Bar	Chicken and Waffles	Asian Noodle Bowl	BBQ Pork Riblet Sandwich
<b>GRILL'D</b>				
Crispy Chicken Ranchero	Build Your Own Burger Bar	Crispy Buffalo Chicken Sandwich	Build Your Own Burger Bar	Buffalo Chicken Wings
<b>Assorted Burgers and Crispy Breaded Chicken Sandwiches Daily</b>				
<b>2MATO</b>				
Margherita Pizza	Bacon and Tomato Pizza	Chicken Fajita Pizza	Cheeseburger Pizza	Spinach and Cheese Calzone
<b>Cheese and Pepperoni Pizza Daily</b>				
<b>PANINI</b>				
Sausage and Pepper Grinder	Ham and Swiss Panini	Pastrami Reuben Panini	BBQ Chicken Panini	Chicken Parmesan Grinder
<b>ON THE GO SALADS &amp; SANDWICHES</b>				
Buffalo Chicken Salad Wrap Fresh Mozzarella Garden Salad				
<b>SO DELI</b>				
<b>Made to Order Sandwiches with Your Choice of Boar's Head Meats, Cheeses, Toppings &amp; Bread</b>				
<b>ON THE GO SNACK BAR</b>				
Made to Order Sushi	Build Your Own Mexican Bar-By The Ounce			

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