

**SANDERSON
ACADEMY**

ASHFIELD, MA



March 2010



Mon

Tue

Wed

Thu

Fri

Part of the Mohawk Trail Regional School System.

Breakfast served everyday. We offer the choice of peanut butter and jelly or cheese sandwich as an alternative to hot lunch.

**Tammy Miller-
Chef Manager
Sandy Morann-
Café Assistant**

Apply for free/
reduced priced
meals at any
time. Inquire in
the office

Phone: 413-628-
4404
Fax: 413-628-

Although we strive to provide exactly what is on our printed menus they are subject to change due to supply shortages or other unforeseeable events. Thank you for your understanding

1 EARLY RELEASE
"Breakfast for Lunch"
Cheese Omelet
French Toast Sticks w/Syrup
Sausage
Fruit Juice
Fruit, Milk

8
Hamburgers or
Cheeseburgers on a Bun
Oven Fries
Corn
Fruit
Milk

15
Ham and Cheese Grinders
Fresh Vegetables
Pretzels
Fruit
Milk

22
Steamed Hot Dog on a Bun
Baked Beans
Steamed Veggies
Fruit
Milk

2 "Dr Seuss' Birthday"
Chicken Patty on a Roll
Tater Tots, Lett & Tomato
"One Fish, Two Fish, Red
Fish, Blue Fish" "Special
Dessert
Milk



9
Baked Chicken Nuggets
Whole Grain Buttered Pasta
Steamed Vegetables
Bread
Fruit
Milk

16
BBQ Chicken
Rice
Steamed Vegetable
Bread
Fruit
Milk

23
Beef Soft Tacos
Cheese, Lettuce, Tomato
Salsa
Rice
Fruit
Milk



3
Shepherd's Pie
(Ground Beef, Mashed Potatoes, Corn)
Bread
Fruit
Milk

10 Cowboy Macaroni
(macaroni with ground beef and tomato sauce)
Steamed Vegetable
Bread
Fruit
Milk



17 St. Patrick's Day
Luck of the Irish Baked
Potato Bar with
Broccoli, Cheese and Chili
Bread
Fruit
Milk



24
Teriyaki Chicken Dippers
Vegetable "Fried" Rice
Steamed Vegetables
Fruit
Milk

4
Grilled Cheese Sandwich
Chicken Noodle Soup
Goldfish Crackers
Baby Carrots
Fruit
Milk



11
Hot Open Faced Turkey
Sandwich
Steamed Vegetables
Mashed Potatoes w/ Gravy
Fruit
Milk

18 EARLY RELEASE
Spaghetti and Meat Sauce
or Marinara Sauce
Steamed Vegetables
Garlic Bread
Fruit
Milk

25
Meatball Subs
With Mozzarella Cheese
Baked Potato Chips
Fresh Vegetables
Fruit
Milk

5 "Meatless Friday"
Mozzarella Stuffed Bread
Sticks with Marinara
Dipping Sauce
Steamed Vegetables
Fruit
Milk

12 "Meatless Friday"
Mohawk Cheese Pizza
Tossed Salad
With Dressing
Fruit
Milk

19 EARLY RELEASE
"Meatless Friday"
Baked Macaroni and
Cheese
Seasoned Green Beans
Wheat Roll
Fresh Fruit, Milk

26 "Meatless Friday"
Mohawk Cheese Pizza
Tossed Salad
With dressing
Fruit
Milk

March is
Music in Your
Schools Month

