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# MARCH 2024

## Henry James Middle School

Applications forms for free and reduced are available at your school or at [www.simsbury.k12.ct.us](http://www.simsbury.k12.ct.us) under Nutrition Services. New forms must be completed every year

**Meals Subject to Change**

**Monday**



**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Crispy Chicken Tenders** **4**  
Rice Pilaf, Broccoli  
Fruit and Veggie  
Milk

**Meatball Grinder** **5**  
With Mozzarella Cheese  
Peas  
Fruit and Veggie Cups  
Milk

**Whole Grain Waffles** **6**  
Hash Brown Patty  
Chicken Sausage  
Fruit and Veggie  
Milk

**All Beef Hot Dog on a** **7**  
Whole Grain Roll  
Baked Beans  
Fruit and Veggie  
Milk

**Stuffed Mozzarella** **1**  
Pizza Stick  
Marinated Cucumber Salad  
Fruit and Veggie of the Day  
Milk

**French Bread Pizza** **8**  
Carrot Sticks W/Hummus  
W/Fruit and Veggie  
Milk

**Crispy Chicken Nuggets** **11**  
Dinner Roll  
Glazed Carrots  
w/Fruit and Veggie  
Milk

**Grilled Cheese Sandwich** **12**  
Tomato Soup  
Goldfish Crackers  
Fruit and Veggie  
Milk

**Chicken Alfredo with a** **13**  
Twist, Dinner Roll  
Caesar Salad  
Veg & Fruit  
Milk

**Beef and Cheese** **14**  
Taco Stick, Corn Muffin  
Refried Beans  
Fruit and Veg Cups  
Milk

**Personal Pan Pizza** **15**  
Marinated Bean Salad  
Assorted Veggies  
Fruit of the day  
Milk

*St. Patrick's Day Lunch* **18**  
Shamrock Chicken Nuggets  
Dinner Roll, Green Beans  
Veg, Fruit & Milk 

**Mozzarella Cheese** **19**  
Sticks with Marinara  
Caesar Salad W/ Croutons  
W/Fruit and Veggie  
of the Day

**Pasta With Meat Sauce** **20**  
Garlic Knot  
Broccoli Florets  
w/Fruit & Veggie  
Milk

**Cheeseburger** **21**  
On a Whole Grain Roll  
Onion Rings  
w/Fruit & Veggie  
Milk

**Cheese Pizza Wedge** **22**  
Fresh Veggie Sticks  
With Hummus  
Fruit of the day  
Milk

**Popcorn Chicken Bowl** **25**  
With Mashed Potato  
Gravy & Seasoned Corn  
w/Fruit and Veggie  
Milk

**Lasagna Roll Ups** **26**  
Garlic Breadstick  
Caesar Salad  
w/Fruit & Veggie  
Milk

**Egg, Sausage & Cheese** **27**  
on a Croissant  
Hash Brown Patty  
W/Fruit and Veggie  
Milk

**Macaroni & Cheese** **28**  
Dinner Roll  
Steamed Broccoli  
w/Fruit and Veggie  
Milk

**Good Friday** **29**  
**No School**

A student lunch is \$4.00 or free for those who qualify. Please pay by cash, check (made payable to "Simsbury Public Schools Cafeterias") or online at [www.MyPaymentsPlus.com](http://www.MyPaymentsPlus.com). Lunch consists of an entrée, vegetable choices, fruit choices, whole grains and low or fat free milk. Students may take three, four or five of these items but must choose at least ½ cup of fruits or vegetables and full servings of the other food components.

Breakfast is free for all students for the 2023/2024 school year. MENU SUBJECT TO CHANGE. A La Carte Items are available to purchase daily!

**Sandwich, Salad and Yogurt Meals are also available Daily with Veggie and Fruit of the Day.**