# OCEANSIDE MIDDLE SCHOOL MENU
## MARCH 2020

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>2</td>
<td>3</td>
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<td>5</td>
<td>6</td>
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<tr>
<td>CHICKEN SMACKERS</td>
<td>MEATBALL HERO</td>
<td>STRIPS OF FIRE</td>
<td>TWIN TACOS SALSA</td>
<td>WG PIZZA SLICE</td>
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<tr>
<td>TATER TOTS</td>
<td>FINGER CARROTS</td>
<td>WG ROTINI</td>
<td>CHEDDAR CHEESE</td>
<td>SLICE</td>
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<td>GREEN BEANS</td>
<td>STRAWBERRY CUP</td>
<td>GARDEN SALAD</td>
<td>PEPPERONI</td>
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<td>DICED PEARS</td>
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<td>APPLESAUCE CUP</td>
<td>OPTIONAL</td>
<td>TOMATO</td>
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<td></td>
<td></td>
<td></td>
<td>TOSSED SALAD</td>
<td>FRESH FRUIT</td>
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<td></td>
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<td>MIXED FRUIT CUP</td>
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<td>FRESH FRUIT</td>
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**Alternative entrees**

Available Monday - Friday

- Chef salad w/ assorted deli wraps
- Peanut butter & jelly
- Cheese sandwich
- Tuna sandwich
- Yogurt parfait with whole grain roll
- Whole wheat pizza
- Grilled chicken Caesar salad w/ whole wheat breadstick

Available Wednesdays

- Meatball hero

Available Fridays

- Spicy chicken quesadilla

**What is a complete lunch?**

Take at least 3 out of 5!

A complete lunch consists of at least 3 of the 5 components offered:

1. Meat/Meal Alternate
2. Vegetable
3. Fruit or 100% fruit juice
4. Grain
5. Milk

**Must take a fruit or vegetable**

**DID YOU KNOW...?**

**Lunch is a meal!**

Kids who take sides, eating fruits & veggies with their entrée, are more satisfied and have more energy to get through a busy day!

**Student lunch is $2.75**

The school lunch office can be reached at 516-678-7548

Online Payments & Account Information is available at www.myschoolbucks.com