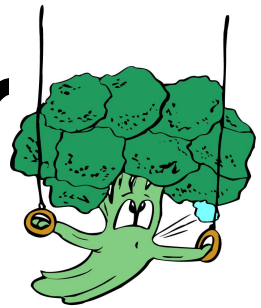
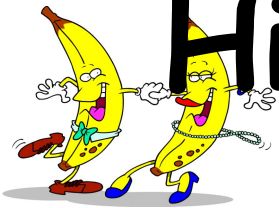


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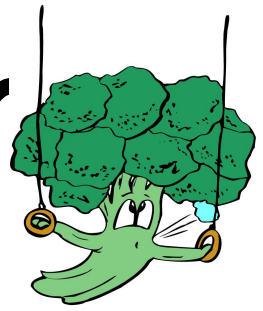


MARCH IS NUTRITION MONTH! March 2010

<p>1</p> <p>Hot Dog on a bun Baked Beans</p> <p>Fresh Fruit Whole Wheat Bread Sandwich Bar</p>	<p>2</p> <p>Beef Nachos Broccoli w/Cheese</p> <p>Fresh Fruit Whole Wheat Bread Sandwich Bar</p>	<p>3</p> <p>Cheeseburger on a Bun Oven Potatoes</p> <p>Fresh Fruit Whole Wheat Bread <i>Sandwich Bar</i></p>	<p>4</p> <p>Popcorn Chicken Steamed Corn Lettuce & Tomato Cup</p> <p>Fresh Fruit Whole Wheat Bread Sandwich Bar</p>	<p>5</p> <p>Cheese Pizza Or Salad</p> <p>Fresh fruit Whole Wheat Bread <i>Sandwich Bar</i></p>
<p>8</p> <p>Macaroni & Cheese Steamed Broccoli Peach Cup Fresh Fruit</p> <p>Whole Wheat Bread sandwich Bar</p>	<p>9</p> <p>Pasta & Meat sauce Garlic bread Steamed Green Beans Fresh Fruit Fruit Cup</p> <p>Sandwich Bar</p>	<p>10</p> <p>Baked Chicken & Gravy Mashed Potatoes Peach Cup Fresh Fruit</p> <p>Whole Wheat Bread Sandwich Bar</p>	<p>11</p> <p>Beefy Nachos Spanish Rice Steamed Corn Pineapple Cup Fresh fruit</p> <p><i>Whole Wheat Bread</i> <i>Sandwich Bar</i></p>	<p>12</p> <p>Cheese Pizza Fries</p> <p>Fruit Cup Fresh fruit <i>Sandwich Bar</i></p>
<p>15</p> <p>Toasted Cheese Sandwich Tomato Veggie Soup</p> <p>Fruit Cup Fresh Fruit Sandwich Bar</p>	<p>16</p> <p>Chicken Nuggets w/noodles Corn Fresh Fruit Fruit Cup</p> <p>Whole Wheat Bread Sandwich Bar</p>	<p>17</p> <p>Cheeseburger Oven potatoes Pineapple Cup Fresh Fruit</p> <p>Whole Wheat Bread Sandwich Bar</p>	<p>18</p> <p>Turkey & Gravy Mashed Potatoes</p> <p>Fresh Fruit Strawberry Cup Whole Wheat Bread <i>Sandwich Bar</i></p>	<p>19</p> <p>Cheese Pizza Or Tosed salad</p> <p>Fresh fruit Whole Wheat Bread Sandwich Bar</p>
<p>22</p> <p>Fish Sandwich Carrots</p> <p>Pear Cup Fresh Fruit Whole Wheat Bread Sandwich Bar</p>	<p>23</p> <p>Beef BBQ Rib on a Bun Green beans Mandarin Oranges Fresh Fruit</p> <p><i>Whole Wheat Bread</i> Sandwich Bar</p>	<p>24</p> <p>Chicken Patty On a Bun Roasted Sweet Potatoes Fruit Cup Fresh Fruit</p> <p>Whole Wheat Bread Sandwich Bar</p>	<p>25</p> <p>Shepherd' Pie (Mashed potatoes, corn, and beef) 100% Fruit juice Fruit Cup Fresh Fruit</p> <p>Whole Wheat Bread Sandwich Bar</p>	<p>26</p> <p>Cheese Pizza with pepperoni or Tuna Sub Green Beans Applesauce Fresh Fruit</p> <p><i>Whole Wheat Bread</i> <i>Sandwich Bar</i></p>
<p>29</p> <p>Meatballs Sub Peas orange Juice Fresh Fruit Fruit Cup</p>	<p>30</p> <p>Soft Shell Tacos w/ cheese Steamed Corn Lettuce & tomato cup Fresh Fruit</p> <p>Whole Wheat Bread</p>	<p>31</p> <p>Macaroni & Cheese roll Carrots</p>	<p><u>ALTERNATE LUNCH</u> PEANUT BUTTER & JELLY OR FLUFF, OR MEAT SANDWICH</p> <p><u>MENU SUBJECT TO CHANGE</u></p>	



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MARCH IS NUTRITION MONTH! March 2010

Sandwich Bar

Sandwich Bar

Sandwich Bar

WITHOUT NOTICE

30	31	1	2
6 CHICKEN FRYZ RICE CARROTS WHOLE WHEAT BREAD FRUIT MIX FRESH FRUIT	7 CHEESEBURGER ON A BUN PEAS WHOLE WHEAT BREAD MANDARIN ORANGES FRESH FRUIT	8 SLOPPY JOES ON A BUN CORN WHOLE WHEAT BREAD APPLE SAUCE FRESH FRUIT	9 MOZZARELLA STIX W/SAUCE RICE WHOLE WHEAT BREAD PEACHES FRESH FRUIT
13 CRISPITO BROCCOLI WHOLE WHEAT BREAD PINEAPPLE TIDBITS FRESH FRUIT	14 CHICKEN NUGGETS POTATO WEDGES CARROTS WHOLE WHEAT BEAD PEARS FRESH FRUIT	15 CHARBROILED BEEF MACARONI & CHEESE WHOLE WHEAT BREAD FRUIT MIX FRESH FRUIT	16 ROAST TURKEY MASHED POTATOES WITH GRAVY WHOLE WHEAT BREAD MANDARIN ORANGES FRESH FRUIT
20 CHICKEN PATTIE ON BUN OVEN FRIES APPLESAUCE WHOLE WHEAT BREAD FRESH FRUIT	21 BRUNCH FOR LUNCH EGG PATTIE CANADIAN BACON PANCAKES ASSORTED FRUIT JCE PEARS/FRESH FRUIT	22 TACO BOAT LETTUCE & TOMATO WHOLE WHEAT BREAD PEACHES FRESH FRUIT	23 CHICKEN TENDERS POTATO WEDGES CORN WHOLE WHEAT BREAD FRUIT MIX FRESH FRUIT
27 CHEESEBURGER ON A BUN POTATO ROUNDS WHOLE WHEAT BREAD APPLESAUCE FRESH FRUIT	28 C HICKEN STEW OVER RICE BISCUIT WHOLE WHEAT BREAD PINEAPPLE TIDBITS FRESH FRUIT	29 TURKEY HAM GRINDER OVEN FRIES PEACHES FRESH FRUIT	30 CHEESE PIZZA BABY CARROTS WHOLE WHEAT BREAD PEARS FRESH FRUIT



3

**CHEESE
PIZZA
GREEN BEANS
WHOLE WHEAT BREAD
PEARS
FRESH FRUIT**

10

**HALF DAY
HAM, TURKEY AND
PEANUT BUTTER
SANDWICHES
FRESH BABY CARROTS
ASSORTED JUICE
MILK**

17

**CHEESE
PIZZA
VEGGIE STICKS
WHOLE WHEAT BREAD
PEACHES
FRESH FRUIT**

24

**TEACHER'S
MEETING
NO SCHOOL**

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