

March 2010



Week of March 1, 2010

MON	Chicken Tenders and Biscuit Turkey and Cheese Sandwich
TUE	Steak and Cheese on Wheat Sub Baked Grilled Cheese Sandwich w/Tomato Soup
WED	Orange Chicken w/ Lomein Noodles Ham and Cheese Wrap
THU	Chili Con Carne w/ Rice, Nachos Chips, Nacho Sauce Turkey Cheese Quesadilla with Rice

FRI	Italian Pizza Pocket Salad Bar
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Week of March 8, 2010

MON	BBQ Rib on Wheat Bun Chicken Patty on Wheat Bun
TUE	Cheeseburger /Bun Turkey Hotdog/Bun
WED	French Toast Sticks w/ Turkey Sausage Ham and Cheese Bagel w/ Tator Tots

THU	Spaghetti w/ Dinner Rolls Italian Sub
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FRI	School Pizza, Choice of Pepperoni or Cheese Salad Bar
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Choice of three fruits or vegetables, Skim or Low fat milk served with a complete lunch

Breakfast \$1.30

Lunch \$2.65

Adult Lunch \$3.30

Available Daily

Bottled Water \$1.00

Fresh Fruit and Vegetables \$.65

Fresh Salads Daily

Fresh Deli Sandwiches \$2.25

100% Juice \$1.00 - \$1.30

March 2010



Week of March 15, 2010

MON	Egg Roll w/ Brown Rice Bowl Teriyaki Beef w/ Brown Rice Bowl
TUE	Meatball Sub/Wheat Bun w/ Potato Wedges Chicken Parmesan /Wheat Bun
WED	Baked Ziti w/ Dinner Tuna Wrap
THU	Beef Tacos w/ Spanish Rice Bean and Cheese Burritos w/ Spanish Rice

FRI	Cheese Lasagna w/ Dinner Roll Tuna Wrap
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Week of March 22, 2010

MON	Pulled BBQ Pork/Bun Steak and Cheese Sub
TUE	Roasted Turkey Dinner w/ Sweet Potatoes, Bread Stuffing, Green Beans, Peach Cobbler

WED	Sausage Biscuit and Tater tots French Toast and Turkey Sausage w/tater tots
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THU	Turkey Tacos w/ Brown Rice Turkey Cheese Quesadilla with Brown Rice
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FRI	Choice of Cheese or Pepperoni Pizza Fish Sub
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Choice of three fruits or vegetables, Skim or Low fat milk served with a complete lunch

Breakfast \$1.30

Lunch \$2.65

Adult Lunch \$3.30

Available Daily

Bottled Water \$1.00

Fresh Fruit and Vegetables \$.65

Fresh Salads Daily

Fresh Deli Sandwiches \$2.25

100% Juice \$1.00 - \$1.30

March 2010



Choice of three fruits or vegetables, Skim or Low fat milk served with a complete lunch

Al la Carte Items are not included in the Lunch Price

Al la Carte Items

String Cheese

Swirl (Frozen 100% Juice)

Granola Bars

Pop tarts

Yogurt

Reduced Fat Popcorn

Bottled Water

Switch (100%)

Note: All products are not offered at each school and the products change

