



MARCH 2010

MIDDLE & HIGH SCHOOL



	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Cheese Toast OR Cereal/Toast Juice Milk Choice	French Toast Stix W/Syrup OR Manager's Choice Juice Milk Choice	Breakfast Pizza OR Manager's Choice Juice Milk Choice	Manager's Choice Juice Milk Choice	Yogurt & Biscuit w/jelly OR Cereal & Biscuit w/jelly Juice Milk Choice
LUNCH	1 Spicy or regular Chicken Patty w/ Bun & French Fries OR Pizza CHOICE OF TWO Tossed Salad w/ dressing Fruit Choice Applesauce Cake	2 Toasted Turkey Ham/Cheese Sandwich OR BBQ Pork w/bun CHOICE OF TWO Tossed Salad w/dressing Pasta Salad Fruit Choice	3 Nacho chips w/ taco meat OR Chicken Fajita w/cheese w/ Spanish Rice CHOICE OF TWO Corn Tossed Salad w/ dressing Choice of Fruits	4 Spaghetti w/ Roll OR Cheeseburger/ Bun w/ French Fries CHOICE OF TWO Tossed Salad w/dressing Fruit Crisp Fruit Choice	5 Pizza OR Chicken Tender Wrap CHOICE OF TWO Tossed Salad w/dressing Broccoli Fruit Choice
	8 Hotdog/Bun w/ French fries OR Chicken Stir fry W/ Rice CHOICE OF TWO Tossed Salad w/dressing Choice of Fruit	9 Chicken Nuggets/ roll OR Manager's Choice CHOICE OF TWO Tossed Salad w/dressing Corn and Green Bean Casserole French Fries Choice of Fruit	10 Egg w/ ham or Egg w/sausage Biscuit CHOICE OF TWO Hash browns Fresh Fruit Glazed Apples	11 Vegetable Noodle Soup W/ Grilled Cheese OR Manager's Choice CHOICE OF TWO Tossed Salad w/dressing Choice of Fruit Applesauce Cake -W/ all	12 Lasagna/roll OR Hot Ham & Mozz Sub CHOICE OF TWO Tossed Salad w/dressing Greens Choice of Fruit
	15 Chicken Patty w/Bun W/ French Fries OR Pizza CHOICE OF TWO Tossed Salad w/ dressing Fruit Choice Applesauce Cake	16 Nacho Chips w/ taco meat OR Chicken Fajita w/cheese CHOICE OF TWO Tossed Salad w/dressing Corn On Cob Choice of Fruit	17 Spaghetti w/ Roll OR Manager's Choice CHOICE OF TWO Tossed Salad w/dressing Butter Beans Choice of Fruit	18 Meatball W/Cheese Sub OR Pizza CHOICE OF TWO Rice & Vegetable Casserole Tossed Salad w/dressing Choice of Fruit Cookie- w/all meals	19 Beef A Roni OR MANAGER'S CHOICE CHOICE OF TWO Tossed Salad/ dressing Broccoli with cheese sauce Apple Crisp
	22 Chicken Stir Fry w/ Rice OR Hamburger/ Bun CHOICE OF TWO Manager's Choice of Vegetable Choice of Fruit	23 Turkey & Gravy w/ Roll OR Managers Choice CHOICE OF TWO Glazed Carrots Mashed Potatoes Choice of Fruit	24 Pork BBQ W/ Bun OR Chicken Nuggets/ Roll CHOICE OF TWO French Fries Tossed Salad W/dressing Apple Crisp Fresh Fruit	25 Vegetable Noodle Soup W/ Grilled Cheese OR Chef Salad with French Fries CHOICE OF TWO Tossed salad w/dressing Choice of Fruit	26 Lasagna/roll OR Hot Ham & Mozz Sub CHOICE OF TWO Tossed Salad w/ dressing Greens Choice of Fruit
	29 Chicken Patty w/Bun & French Fries OR Pizza CHOICE OF TWO Tossed Salad w/ dressing Fruit Choice Peach Cake w/all	30 Ham Mac & Cheese OR MANAGER'S CHOICE CHOICE OF TWO Tossed Salad w/dressing French Fries Fruit Choice	31 Nacho chips w/ taco meat OR Chicken Fajita w/cheese CHOICE OF TWO Corn Tossed Salad w/ dressing Choice of Fruits	1 Spaghetti w/ Roll OR Cheeseburger/ Bun w/ French Fries CHOICE OF TWO Tossed Salad w/dressing Fruit Crisp Fruit Choice	2 Pizza OR Chicken Tender Wrap CHOICE OF TWO Tossed Salad w/dressing Broccoli Fruit Choice

GREEN BEANS

DID YOU KNOW?
A 3/4 Cup Serving
has 4% of the DV for Vitamin
A and Calcium, 2% for iron
and 10% Vitamin C.

So Eat Your Green Beans



Lunch and Breakfast Prices

Breakfast	\$1.35
Breakfast Reduced	\$0.30
Lunch	\$2.05
Lunch Reduced	\$0.40
Adult Breakfast	\$1.55
Adult Lunch	\$3.00

**EAT HEALTHY
EXERCISE DAILY**

**EAT BREAKFAST
EVERYDAY**

1/2 pint milk of choice Served with All Meals
Menu Subject to Change

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Charges -Charging lunch is a privilege and should be used only in an emergency. Notices with a negative balance are expected to be repaid the next school day.
Only 2 charges are permitted. No further credit will be extended. Alternative Meal will be given until charges are paid. A la Carte items may not be purchased until charges are paid. The treat money will be applied to the charge.