

March 2012 Lunch Menu Updated



Mon



Tue



Wed



Thu



Fri



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All menus served with choice of milk: 1%, chocolate or strawberry. Our homemade bread is whole wheat. "C" denotes vitamin C content "A" denotes vitamin A content "WG" denotes whole grain We try to offer 4 choices of vegetables/fruits daily.

Updated Jan 7, 2012

*1
Chicken Tenders
Chicken Infused Rice
Steamed Broccoli (A&C)
Seasoned Peas
Orange Wedges (C)
Pears
Biscuits*

*2 Dr. Seuss' Birthday
Popcorn Shrimp
Potato Wedges
Celery, Cucumbers & Dip
Strawberries (C)
Fruit Cocktail (A)
(WG) Garlic Buns
Chocolate Cake*

*5
Chicken & Noodles
Mashed Potatoes
Broccoli/Cauliflower & Dip (A&C)
Pineapple (C)
Mixed Fruit (A&C)
(WG) Hot Rolls*

*6
Cheeseburger on WG Bun
w/lettuce, tomato
Sweet Potato Fries (A&C)
Baked Beans
Orange Wedges (C)
Peach Cutie Pie (A)*

*7
Crispitos
(WG) Tortilla Chips w/Salsa (C)
Tossed Salad (A&C)
Applesauce
Apricots (A)*

8 NO SCHOOL

9 NO SCHOOL

*12
Soft Tacos (C)
Refried Beans
Apple Wedges
Mandarin Oranges (A&C)
Banana Bread Squares*

*13
Spaghetti w/Meatsauce (C)
Tossed Salad (A&C)
Green Beans
Pineapple(C)
(WG) Breadsticks*

*14 **CHANGE/CHANGE**
WG Corndogs
Potato Wedges
California Mix (A&C)
Orange Wedges (C)
Pears
Oatmeal Muffin Squares*

*15
(WG) Frito Chili Pie (C)
Cheese Stick
Corn
Grapes (C)
Peaches (A)
Cinnamon Roll*

*16
Cheese Quesadillas
Mexican Rice
Broccoli/Carrots/Dip (A&C)
Seasoned Peas
Rosey Applesauce
Banana (C)*

19 No School—Spring Break

20 No School—Spring Break

21 No School—Spring Break

22 No School—Spring Break

23 No School—Spring Break

*26
Hot Chicken Sandwich (WG)
WG Sun Chips
Sweet Potato Fries (A&C)
Green Beans
Mandarin Oranges (A&C)
Fruit Cocktail (A)*

*27
Salisbury Steak
Mashed Potatoes & Gravy
Seasoned Peas
Pineapple (C)
Peaches (A)
(WG) Hot Rolls
Pumpkin Bread (A)*

*28
Beef & Bean Burrito w/Cheese
Sauce
(WG)Tortilla Chips/Salsa (C)
Corn
Mixed Fruit (A &C)
Strawberries (C)*

*29
Hamburger on (WG) Bun
w/lettuce, tomato
Baby Carrots (A)
Orange Wedges (C)
Pears
Granola Rounds*

*30 High & Middle School:
Potato Bar (A&C), Banana,
(WG) Breadstix

K-5:
Toasted Cheese Sandwich (WW)
Tossed Salad (A&C)
Vegetable Choice
Banana (C)*