

Monday, March 15

Breakfast

Hot Oatmeal
or Yogurt

Lunch

Chicken Tenders
~ Warm Roll

Choice of Two

Rice ~ Gravy
Winter Mix, Pineapple
Chunks, Fruit Juice
Soup of the Day:
Broccoli-n-Cheese

Tuesday, March 16

Breakfast

Bagel w/wo Cream Cheese
or Yogurt

Lunch

Pizza Choice

Choice of Two

California Blend
Fruit Mix
Fruit Juice
Soup of the Day:
Vegetable

Wed., March 17

Breakfast

Green Hard Cooked Egg
or Yogurt

Lunch

Hot Ham & Cheese
on Pretzel Bun
Corn Dog

Choice of Two

Pierogies
Steamed Cabbage
Applesauce, Fruit Juice
**Bonus: St. Pat's Day Surprise!*
Soup of the Day: Minestrone

Thurs., March 18

Breakfast

Cereal Bar
or Yogurt

Lunch

Beefy Tacos
w/Hard or Soft Shell

Choice of Two

Golden Corn
Lettuce & Tomato
Fruit Crisp, Fruit Juice
Soup of the Day: Chef's Choice

Friday, March 19

Breakfast

Breakfast Uncrustable
or Yogurt

Lunch

Toasted Cheese

Choice of Two

Tomato Soup
Baby Carrots w/Dip
Fruit Variety, Fruit Juice
**Bonus: Sun Chips!*
Soup of the Day: Tomato



MOO
TO YOU, TOO



CHOICE OF MILK SERVED
WITH ALL COMPLETE MEALS:

SKIM MILK
2% LOW FAT WHITE
FAT FREE CHOCOLATE

MARCH 17
Follow a Rainbow
to a Pot o' Gold!

Monday, March 22

Breakfast

Hot Oatmeal
or Yogurt

Lunch

Meatballs on Roll

Choice of Two

Tasty Glazed Carrots
Scalloped Potatoes
Pears, Juice
Soup of the Day: CK Vegetable

Tuesday, March 23

Breakfast

Sausage Pancake on Stick
or Yogurt

Lunch

Chicken Cheese Steak
on Whole Grain Roll

Choice of Two

Oven Crispy Potatoes
Lettuce & Tomato, Peaches
Fruit Juice
Soup of the Day: Cr. of Potato

Wed., March 24

Breakfast

Mini Honey Wheat Bun
or Yogurt

Lunch

Beefaroni
~ Warm Roll
Mighty Rib on Bun

Choice of Two

Tossed Salad, Broccoli
Applesauce, Fruit Juice
**Bonus: Happy Birthday Cake!*
Soup of the Day: Beef Noodle

Thurs., March 25

Breakfast

Bagler
or Yogurt

Lunch

Oven Baked Chicken
~ Whole Grain Roll

Choice of Two

Whipped Potatoes ~ Gravy
Seasoned Peas
Fruit Mix, Juice
Soup of the Day: Manhattan Clam

Friday, March 26

Breakfast

Pancakes
or Yogurt

Lunch

Fish on Hoagie Bun

Choice of Two

Mac-n-Cheese, Greens
Stewed Tomatoes
Pineapple & Mandarin
Orange Blend, Juice
Soup of the Day: Chef's Choice

Available Daily

Breakfast: Graham Crackers, Toast, Fruit, & Fruit Juice

**Lunch: Chef's Salad ~ Crackers
Yogurt ~ Crackers
Peanut Butter & Jelly Sandwich
Tuna Sandwich
Ham & Cheese Sandwich
Tuna, Turkey, and Ham & Cheese Subs
(Includes Two Sides + Milk!)**

Monday, March 29

Breakfast

Hot Oatmeal
or Yogurt

Lunch

Chicken Patty
on Whole Grain Roll

Choice of Two

Tater Tots, Lettuce & Tomato
Winter Blend, Peaches
Fruit Juice
Soup of the Day: Cr. of Broccoli

Tuesday, March 30

Breakfast

Breakfast Pizza
or Yogurt

Lunch

Pizza Choice
Chicken Egg Roll

Choice of Two

Seasoned Rice, Stir Fry
Veggies, Pineapple Bits, Juice
Soup of the Day: Chicken-n-Dumplings

Wed., March 31

Breakfast

Hard Cooked Egg ~ Toast
or Yogurt

Lunch

Chicken Nuggets
~ Warm Roll

Choice of Two

Golden Corn
Potato Wedge
Chilled Pears, Fruit Juice
Soup of the Day: Ck Vegetable

The Nutrition Sleuth

Taking a closer look at the foods we eat . . .

Condiments can dramatically change the fat content of a sandwich. Just one tablespoon of real mayonnaise adds 100 calories and 11 grams of fat to a sandwich (that's 17% of the recommended daily fat maximum). The same amount of mustard adds just 10 calories and less than 1 gram of fat.



Calorie analysis of this typical School Lunch Combo:

- Fish Sandwich
- Lettuce & Tomato
- Cole Slaw
- Sliced Peaches
- Lowfat Chocolate Milk

Total calories: 671
Calories from protein: 20%
Cal. from carbohydrates: 51%
Calories from fat: 29%
Goal: 30% or less fat calories



EAT 5-9 A DAY
for better health