

Monday, March 15

Breakfast

Bagel w/wo Cream Cheese or Yogurt

Lunch

Chicken Tenders ~Warm Roll

Choice of Two

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

Tuesday, March 16

Breakfast

Sausage Pancake on a Stick or Yogurt

Lunch

Corn Dog
Chicken Egg Roll

Choice of Two

California Blend, Seasoned Rice, Fruit Mix, Juice
Soup of the Day: Vegetable

Wed., March 17

Breakfast

Scrambled Eggs & Biscuit or Yogurt

Lunch

Hot Ham & Cheese on Pretzel Bun

Choice of Two

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

Thurs., March 18

Breakfast

Breakfast Pizza 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

Honi Bun or Yogurt

Lunch

Toasted Cheese

Choice of Two

Tomato Soup
Apple Slices, Juice
**Bonus: Sun Chips!*
Soup of the Day: Tomato

Monday, March 22

Breakfast

Bagel w/wo Cream Cheese or Yogurt

Lunch

Meatballs on Roll
Mighty Rib on Bun

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

Wheat Bun or Yogurt

Lunch

Beefaroni ~Warm Roll

Choice of Two

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

Thurs., March 25

Breakfast

Breakfast Bagel 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 a Hoagie Bun

Choice of Two

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

Cape Viking Galley - Available Daily

SPECIALLY MADE TO ORDER SANDWICHES AND WRAPS

PROTEINS AVAILABLE:
TUNA, HAM TURKEY
ITALIAN, CHEESE PEANUT BUTTER
BOLOGNA, EGG SALAD
CHICKEN SALAD

BREADS AVAILABLE:
SUB ROLL, KAISER ROLL
SLICED BREAD, BAGELS & WRAPS

CHOICE OF MILK SERVED WITH ALL COMPLETE MEALS

SKIM MILK
2% LOWFAT WHITE
FAT FREE CHOCOLATE

BREAKFAST: BAGELS, GRAHAM CRACKERS
CEREAL, CEREAL BARS, FRUIT JUICE & FRUIT

ALSO AVAILABLE:
YOGURT
CHEF SALAD
& SOUP OF THE DAY



Monday, March 29

Breakfast

Bagel w/wo Cream Cheese or Yogurt

Lunch

Chicken Patty on Whole Grain Roll

Choice of Two

Lettuce & Tomato
Winter Blend, Chilled Pears
Fruit Juice
Soup of the Day: Cr. Of Broccoli

Tuesday, March 30

Breakfast

Breakfast Pizza or Yogurt

Lunch

Cheeseburger on Bun

Choice of Two

Corn, Potato Wedge
Fruit Mix, Juice
Soup of the Day: Chicken & Dumplings

Wed., March 31

Breakfast

Muffin or Yogurt

Lunch

Chicken Nuggets ~Warm Roll

Choice of Two

Rice, Seasoned Peas
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