

Monday, March 15

Breakfast

Assorted Cereal
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

Sausage Pancake on Stick
or Yogurt

Lunch

Pizza Choice

Choice of Two

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

Wed., March 17

Breakfast

Mini Honey Wheat Bar
or Yogurt

Lunch

Hot Ham & Cheese
on Pretzel Bun
Corn Dog

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 Hot Pocket
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

Muffin
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

Assorted Cereal
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

Pancakes
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

Whole Wheat Donut
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

Sausage Pancake on Stick
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

Honi Bun
or Yogurt

Lunch

Fish Sticks
Chef's Choice

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,
Fruit, & Fruit Juice**

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

Monday, March 29

Breakfast

Assorted Cereal
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

Blueberry Muffin
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

Breakfast Hot Pocket
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 table-
spoon of real mayonnaise
adds 100 calories and 11
grams of fat to a sandwich
(that's 17% of the recom-
mended 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