


Lunch Menu March 2010
Breakfast - \$2.00 Lunch - \$2.50 (Child) \$3.50 (Adult)
Milk - .50
PARENTS: Please keep a positive balance on your student's account!

DATE	LINE 1	LINE 2	DATE	LINE 1	LINE 2
Monday March 1	Chicken Noodle Soup ½ PB&J Sandwich Vegetable Sticks Blueberry Muffin Sqr.	Corn Dog Oven Fries Green Beans Blueberry Muffin Sq.	Friday March 19	Pretzel with Cheese Celery Sticks w/Peanut Butter Fruit Pudding	
Tuesday March 2	Chicken Patty Sandw Oven Fries Mixed Vegetables Pears	Beef Nachos Refried Beans Corn Pears	Monday March 22	Chicken Nuggets Rice Steamed Vegetables Fruit Cocktail	Mozzarella Sticks Side Salad Corn Fruit Cocktail
Wednesday March 3	Chili Mac Cornbread Vegetable Sticks Fruit Cocktail	Sub Sandwich Chips Vegetable Sticks Fruit Cocktail	Tuesday March 23	Turkey Tetrizzini Biscuit Mixed Vegetables Peaches	Ham & Cheese Rollup Oven Fries Mixed Vegetables Peaches
Thursday March 4	Hot Sliced Turkey Mashed Pot/Gravy Peas Apple Crisp	Spaghetti/Meatballs Texas Toast Side Salad Apple Crisp	Wednesday March 24	Grilled Cheese Oven Fries Green Beans Jello	CFS Sandwich Oven Fries Green Beans Jello
Friday March 5 1:30 Dismissall!	Fish Nuggets Tater Tots Coleslaw Pineapple Chunks		Thursday March 25	Beef Ravioli Side Salad Mandarin Oranges Cinnamon Roll	Chicken Stir Fry Rice Egg Roll Cinnamon Roll
Monday March 8	Turkey Tetrizzini Biscuit Mixed Vegetables Peaches	BBQ Ham Sandwich Oven Fries Mixed Vegetables Peaches	Friday March 26	Catfish Strip Tater Tots Green Beans Oatmeal Cake	
Tuesday March 9	Meatball Sub Tater Tots Green Beans Mandarin Oranges	Sloppy Joe Tater Tots Green Beans Mandarin Oranges	Monday March 29	Frito Pie Side Salad Corn Trail Mix or Pears	Turkey/Cheese Sandw Pasta Salad Vegetable Sticks Trail Mix or Pears
Wednesday March 10	Chicken Crispito Tortilla Chips/Salsa Corn Fruit Cocktail	CFS Mashed Pot./Gravy Steamed Vegetables Fruit Cocktail	Tuesday March 30	Chef Salad Hot Roll Fruit Jello	Grilled Chicken Sandw Oven Fries Mixed Vegetables Fruit
Thursday March 11 4th Grade Parent Lunch	Homemade Pep. Pizza Side Salad Corn Chocolate Cake	Popcorn Chicken Rice Green Beans Chocolate Cake	Wednesday March 31 Eat In Classroom	Hamburger Chips Vegetable Sticks Cookie	Hot Dog Chips Vegetable Sticks Cookie
Friday March 12	Spaghetti (No Meat) Breadsticks Side Salad Pears		 <p>Happy St. Patrick's Day! <i>Connie, Debbie, Kim & Betty</i></p> <p>***** Menu subject to change without notice</p>		
Monday March 15	Riblet Hoagie Potato Wedges Coleslaw Peaches	Tuna Melt Veggie Sticks Chips Peaches			
Tuesday March 16	Italian Chicken Noodles Steamed Vegetables Choc Chip Cookie Bar	Teriyaki Meatballs Rice Stir Fry Vegetables Choc Chip Cookie Bar			
Wednesday March 17 St. Patrick's Day	Burrito Spanish Rice Corn Blueberry Crisp	Hot Roast Beef Sand Oven Fries Green Beans Blueberry Crisp			
Thursday March 18	Chicken Strips Oven Fries Mixed Vegetables Mandarin Oranges	Stromboli Oven Fries Mixed Vegetables Mandarin Oranges			

Breakfast Menu March 2010

Breakfast - \$2.00

Milk - .50

Menu subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>	2 <i>French Toast Sticks Bacon or Toast/Cereal Juice or Fruit ½ Pint Milk</i>	3 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>	4 <i>Whole Grain Pancakes & Sausage or Toast/Cereal Juice or Fruit ½ Pint Milk</i>	5 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>

National School Breakfast Week March 8-12, 2010

Studies in Children have shown that consumption of a nutritious breakfast results in:

- Improved attention in late morning task performance
- Quicker and more accurate retrieval of information (working memory)
- Fewer errors made in problem solving activities
- Better concentration and ability to perform complex tasks

8 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>	9 <i>French Toast Sticks Bacon or Toast/Cereal Juice or Fruit ½ Pint Milk</i>	10 <i>Cherry Frudel or Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>	11 <i>Egg, Sausage & Cheese Biscuit or Toast/Cereal Juice or Fruit ½ Pint Milk</i>	12 <i>Assorted Muffins or Toast/Cereal Juice or Fruit ½ Pint Milk</i>
15 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>	16 <i>French Toast Sticks Bacon or Toast/Cereal Juice or Fruit ½ Pint Milk</i>	17 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>	18 <i>Biscuit with Gravy & Sausage or Toast/Cereal Juice or Fruit ½ Pint Milk</i>	19 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>
22 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>	23 <i>French Toast Sticks Bacon or Toast/Cereal Juice or Fruit ½ Pint Milk</i>	24 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>	25 <i>Assorted Muffins or Toast/Cereal Juice or Fruit ½ Pint Milk</i>	26 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>
29 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>	30 <i>French Toast Sticks Bacon or Toast/Cereal Juice or Fruit ½ Pint Milk</i>	31 <i>Toast or Bagel Assorted Cereal Juice or Fruit ½ Pint Milk</i>		