

# MARCH MENU 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGES
<p>1 BREAKFAST Pop Tarts or Cold Cereal Breakfast Crackers Fruit Juice Choice of Milk LUNCH Corn Dog or Chicken Nuggets Macaroni &amp; Cheese <u>Healthy Choices</u> Fresh Baby carrots Sliced Pears Applesauce Choice of Milk</p>	<p>2 BREAKFAST Egg &amp; Cheese on Whole Grain Bun or Cold Cereal Banana Muffin Top Fruit Cocktail Choice of Milk LUNCH Chicken Alfredo or Pizza Stick Bread Stick <u>Healthy Choices</u> Green Salad Ranch Dressing Fruit Cocktail Sliced Peaches Choice of Milk</p>	<p>3 BREAKFAST Sausage &amp; Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk LUNCH <b>ENCHILADAS***</b> or Chicken Burger or <b>Uncrustable</b> Fruit and Grain Bar <u>Healthy Choices</u> Shredded Lettuce Yellow Sweet Corn Fresh Orange Wedges Choice of Milk</p>	<p>4 BREAKFAST Yogurt cup or Cold Cereal Toasted Peanut Butter Bun Fresh Apple Wedges Choice of Milk LUNCH Pizza Slice or Toasted Cheese Sandwich on Whole Grain Bread Animal Crackers <u>Healthy Choices</u> Tossed Salad Ranch Dressing Green Beans Mandarin Oranges 2 HR EARLY RELEASE K-8 AM KG ONLY</p>	<p>5 BREAKFAST Ham &amp; Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk LUNCH Chicken strips or Teriyaki Beef Bites Mashed Potatoes/Brown Gravy <u>Healthy Choices</u> Fresh Veggies Fresh Apple Pineapple Tidbits Choice of Milk 2 HR EARLY RELEASE K-8 AM KG ONLY</p>	<p><b>WEEK 1: 1-5 BREAKFAST</b> CALORIES 571 CARBOHYDRATES 60.15% PROTEIN 13.48% TOTAL FAT 27.37% SATURATED FAT 8.72% CALCIUM (mg) 406.3 IRON (mg) 3.66 VIT C (mg) 28.53 VIT A (RE) 232 <b>LUNCH</b> CALORIES 675 CARBOHYDRATES 61.96% PROTEIN 15.54% TOTAL FAT 22.45% SATURATED FAT 7.81% CALCIUM (mg) 473.4</p>
<p>8 BREAKFAST Pop Tarts or Cold Cereal Breakfast Crackers Fruit Juice Choice of Milk LUNCH Taco Salad or Corn Dog Fruit Snacks <u>Healthy Choices</u> Applesauce Yellow Sweet Corn Fresh Oranges Wedges Choice of Milk 1 HOUR EARLY RELEASE PLC</p>	<p>9 BREAKFAST Egg &amp; Cheese on Whole Grain Bun or Cold Cereal Applesauce Muffin Top Sliced Peaches Choice of Milk LUNCH Cheesy Dippers or Crispito™ Peanut Butter Candy <u>Healthy Choices</u> Tossed Salad Ranch dressing Fresh Baby carrots Sliced Peaches Choice of Milk</p>	<p>10 BREAKFAST Sausage &amp; Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk LUNCH Hot Dog or Cheeseburger on Whole Grain Bun Baked Fries <u>Healthy Choices</u> Salad Lettuce Green Beans Mandarin Oranges Choice of Milk KG conference No school</p>	<p>11  <b>NO SCHOOL</b>  <b>K-8 CONFERENCES</b></p>	<p>12  <b>NO SCHOOL</b>  <b>K-8 CONFERENCES</b></p>	<p><b>WEEK 2: 8-12 BREAKFAST</b> CALORIES 576 CARBOHYDRATES 60.23% PROTEIN 13.71% TOTAL FAT 27.52% SATURATED FAT 8.68% CALCIUM (mg) 396.5 IRON (mg) 3.75 VIT C (mg) 21.35 VIT A (RE) 233 <b>LUNCH</b> CALORIES 693 CARBOHYDRATES 60.51% PROTEIN 15.78% TOTAL FAT 23.03% SATURATED FAT 9.09% CALCIUM (mg) 560.0 IRON (mg) 4.01</p>

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
<p>15 BREAKFAST Pop Tart or Cold Cereal Animal Crackers Fruit Cocktail Choice of Milk</p> <p>LUNCH Galaxy or Cheeseburger on Whole Grain Bun Baked fries <u>Healthy Choices</u> Green beans Applesauce Fresh Oranges Choice of Milk</p>	<p>16 BREAKFAST Egg &amp; Cheese on Whole Grain Bun or Cold Cereal Banana Muffin Top Fruit Cocktail Choice of Milk</p> <p>LUNCH Soft Taco or Chicken Nuggets Jello Cup <u>Healthy Choices</u> Shredded Lettuce Yellow Sweet Corn Sliced Pears Choice of Milk</p>	<p>17 BREAKFAST Sausage &amp; Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk</p> <p>LUNCH Crispito™ or Mini Corn Dogs Mashed Potatoes/Chicken Gravy <u>Healthy Choices</u> Green Salad Ranch Dressing Fruit Cocktail Sliced Peaches Choice of Milk</p>	<p>18 BREAKFAST Pancakes/syrup or Cold Cereal Toasted Peanut Butter Bun Fresh Apple Wedges Choice of Milk</p> <p>LUNCH Pizza Slice or Toasted Cheese Sandwich on Whole Grain Bread Fruit and Grain Bar <u>Healthy Choices</u> Tossed Salad Ranch Dressing Fresh Baby carrots Mandarin oranges Choice of Milk</p>	<p>19 BREAKFAST Ham &amp; Cheese on Whole Grain Bun or Cold Cereal Hashbrown Tots Fruit Juice Choice of Milk</p> <p>LUNCH Chef Boy Ar Dee Mini Ravioli or Chicken Strips Candy Chip Cookie <u>Healthy Choices</u> Pineapple Fresh Apple slices Hot Mixed Vegetables Cheese Sauce Choice of Milk</p>	<p><b>WEEK 3: 15-19</b> <b>BREAKFAST</b></p> <p>CALORIES 572 CARBOHYDRATES 60.84% PROTEIN 13.19% TOTAL FAT 27.10% SATURATED FAT 9.03% CALCIUM (mg) 399.0 IRON (mg) 4.06 VIT C (mg) 22.69 VIT A (RE) 258</p> <p><b>LUNCH</b></p> <p>CALORIES 740 CARBOHYDRATES 59.56% PROTEIN 14.52% TOTAL FAT 25.87% SATURATED FAT</p>
<p>22</p> <p><b>SPRING BREAK NO SCHOOL</b></p>	<p>23</p> <p><b>SPRING BREAK NO SCHOOL</b></p>	<p>24</p> <p><b>SPRING BREAK NO SCHOOL</b></p>	<p>25</p> <p><b>SPRING BREAK NO SCHOOL</b></p>	<p>26</p> <p><b>SPRING BREAK NO SCHOOL</b></p>	
<p>29</p> <p>BREAKFAST Pop Tart or Cold Cereal Animal Crackers Fruit Cocktail Choice of Milk</p> <p>LUNCH Southern Style Chicken Drumsticks or Hot Dog Tater Tots <u>Healthy Choices</u> Pineapple Sliced Peaches</p>	<p>30 BREAKFAST Egg &amp; Cheese on Whole Grain Bun or Cold Cereal Banana Muffin Top Fruit Cocktail Choice of Milk</p> <p>LUNCH Chicken Alfredo or Pizza Stick Bread Stick <u>Healthy Choices</u> Green Salad Ranch Dressing Fruit Cocktail Choice of Milk</p>	<p>31 BREAKFAST Sausage &amp; Cheese on Whole Grain Bun or Cold Cereal Breakfast Crackers Fresh Orange Smiles Choice of Milk</p> <p>LUNCH <b>ENCHILADAS***</b> or Chicken Burger or <b>Uncrustable</b> Fruit and Grain Bar <u>Healthy Choices</u> Shredded Lettuce Yellow Sweet Corn Ranch Dressing Fruit Cocktail Choice of Milk</p>			<p><b>WEEK 4: 29-31</b> <b>BREAKFAST</b></p> <p>CALORIES 594 CARBOHYDRATES 60.70% PROTEIN 13.57% TOTAL FAT 27.02% SATURATED FAT 8.44% CALCIUM (mg) 417.6 IRON (mg) 4.16 VIT C (mg) 22.42 VIT A (RE) 248</p> <p><b>LUNCH</b></p> <p>CALORIES 746 CARBOHYDRATES 61.17% PROTEIN 14.50% TOTAL FAT 24.20% SATURATED FAT</p>