

ELEMENTARY SCHOOL LUNCH MENU

MARCH 1 - 31, 2010

DAILY ENTRÉE CHOICES
CHEF SALAD OR PROTEIN SALAD
 WITH A ROLL, FRUIT & MILK CHOICE or
CEREAL or BAGEL with YOGURT includes
 STRING CHEESE, FRUIT & MILK CHOICE or
SANDWICH, TURKEY BREAST or BOLOGNA
 OR TUNA SANDWICH choice of **WHOLE**
 WHEAT PITA BREAD, W WHEAT BREAD
 ,W WHEAT WRAPS, FRESH VEGGIE STICKS
 FRUIT & MILK CHOICE or
PEANUT BUTTER and JELLY
 FRUIT & MILK CHOICE

MONDAY MARCH 1
ENTREE CHOICE

CHEESE QUESADILLA
 BROWN RICE
 MEXICALI CORN
 SALSAS, OLIVES, ONIONS

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

1

TUESDAY MARCH 2
ENTREE CHOICE

CHICKEN SANDWICH
 with LETTUCE & TOMATO
 on a MULTIGRAIN ROLL
 SEASOND NOODLES
 MIXED VEG or
 VEGETABLE SOUP

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

WEDNESDAY MARCH 3
ENTREE CHOICE
LUCKY TRAY DAY
FIND THE STICKER ON THE LUNCH TRAY and WIN A 100% FRUIT JUICE TREAT.

RAVIOLI or SHELLS
 with MEATSAUCE
 or MARINARA SAUCE
 with a GARLIC BREAD
 TOSSED SALAD
 with DRESSING

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

THURSDAY MARCH 4
ENTREE CHOICE

CHICKEN NUGGETS with a
 WHOLE WHEAT ROLL
 DIPPING SAUCE,
 OVEN FRIES,
 BROCCOLI

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

FRIDAY MARCH 5
ENTREE CHOICE



SCHOOL MADE PIZZA
 CHEESE OR VEGETABLE
 or Fish Sandwich
 GARDEN SALAD
 with DRESSING

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

ALL ENTREES INCLUDE ACCOMPANYING SIDES & FRUIT & MILK CHOICE

DAILY ENTRÉE CHOICES
CHEF SALAD OR PROTEIN SALAD
 WITH A ROLL, FRUIT & MILK CHOICE or
CEREAL or BAGEL with YOGURT includes
 STRING CHEESE, FRUIT & MILK CHOICE or
SANDWICH, TURKEY BREAST or BOLOGNA
 OR TUNA SANDWICH choice of **WHOLE**
 WHEAT PITA BREAD, W WHEAT BREAD
 ,W WHEAT WRAPS, FRESH VEGGIE STICKS
 FRUIT & MILK CHOICE or
PEANUT BUTTER and JELLY
 FRUIT & MILK CHOICE

MONDAY MARCH 8
ENTREE CHOICE

HOT DOGS w/ SAUERKRAUT
 on a ROLL
 BAKED BEANS
 VEGETABLE SOUP

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

2

TUESDAY MARCH 9
ENTREE CHOICE

FRENCH TOAST WITH
 TOPPING,
 SCHOOL HOUSE TURKEY
 SAUSAGE LINKS,
 POTATO WEDGE,
 APPLESAUCE

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

WEDNESDAY MARCH 10
ENTREE CHOICE

RAVIOLI or SHELLS
 with MEATSAUCE
 or MARINARA SAUCE
 with a GARLIC BREAD
 TOSSED SALAD
 with DRESSING


ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

THURSDAY MARCH 11
ENTREE CHOICE

CHICKEN SANDWICH
 with LETTUCE & TOMATO
 on a MULTIGRAIN ROLL
 SEASOND NOODLES
 MIXED VEG or
 VEGETABLE SOUP

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

FRIDAY MARCH 12
ENTREE CHOICE



SCHOOL MADE PIZZA
 CHEESE OR VEGETABLE
 or Fish Sandwich
 GARDEN SALAD
 with DRESSING

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

ALL ENTREES INCLUDE ACCOMPANYING SIDES & FRUIT & MILK CHOICE

DAILY ENTRÉE CHOICES
CHEF SALAD OR PROTEIN SALAD
 WITH A ROLL, FRUIT & MILK CHOICE or
CEREAL or BAGEL with YOGURT includes
 STRING CHEESE, FRUIT & MILK CHOICE or
SANDWICH, TURKEY BREAST or BOLOGNA
 OR TUNA SANDWICH choice of **WHOLE**
 WHEAT PITA BREAD, W WHEAT BREAD
 ,W WHEAT WRAPS, FRESH VEGGIE STICKS
 FRUIT & MILK CHOICE or
PEANUT BUTTER and JELLY
 FRUIT & MILK CHOICE

MONDAY MARCH 15
ENTREE CHOICE

CHICKEN DRUMSTICKS (boneless)
 with a WHOLE WHEAT ROLL
 DIPPING SAUCE
 MASHED POTATO
 BROCCOLI
 CRANBERRY SAUCE,

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

3

TUESDAY MARCH 16
ENTREE CHOICE
Build-A-Tray Day
Special lunch trays, to help you put the right food, in the right spot, to fill your tray

CHEESEBURGER on a
 MULTIGRAIN ROLL with
SWEET POTATO FRIES
 LETTUCE/TOMATO/ONION
 FRESH BABY CARROTS

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

WEDNESDAY MARCH 17
ENTREE CHOICE

RAVIOLI or ZITI
 with MEATSAUCE
 or MARINARA SAUCE
 with FRENCH BREAD
 TOSSED SALAD
 with DRESSING

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

THURSDAY MARCH 18
ENTREE CHOICE

NACHO CHIPS or TACO
 with
 BEEF, CHEESE, SALSAS
 LETTUCE and TOMATO
 STEAMED BROWN RICE,
 VEGETABLE MEDLEY
FROZEN 100% JUICE BAR

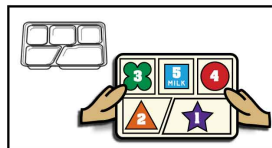
ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

FRIDAY MARCH 19
ENTREE CHOICE

SCHOOL MADE PIZZA
 CHEESE OR VEGETABLE
 or Fish Sandwich
 GARDEN SALAD
 with DRESSING

ALL ENTREES INCLUDE
MILK & FRUIT CHOICE

ALL ENTREES INCLUDE ACCOMPANYING SIDES & FRUIT & MILK CHOICE



- 1. PROTEIN
- 2. BREAD
- 3.VEGETABLE
- 4. FRUIT OR 100% JUICE
- 5. MILK



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, nation origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

**ELEMENTARY SCHOOL LUNCH MENU
MARCH 1 - 31, 2010**

DAILY ENTRÉE CHOICES

CHEF SALAD OR PROTEIN SALAD

WITH A ROLL, FRUIT & MILK CHOICE or
CEREAL or BAGEL with YOGURT includes
STRING CHEESE, FRUIT & MILK CHOICE or
SANDWICH, TURKEY BREAST or BOLOGNA
OR TUNA SANDWICH choice of WHOLE

WHEAT PITA BREAD, W WHEAT BREAD
,W WHEAT WRAPS, FRESH VEGGIE STICKS

FRUIT & MILK CHOICE or

PEANUT BUTTER and JELLY

FRUIT & MILK CHOICE

MONDAY MARCH 22

ENTREE CHOICE

**CHEESE QUESADILLA
BROWN RICE
MEXICALI CORN
SALSA, OLIVES, ONIONS**

**ALL ENTREES INCLUDE
MILK & FRUIT CHOICE**

TUESDAY MARCH 23

ENTREE CHOICE

**CHICKEN SANDWICH
with LETTUCE & TOMATO
on a MULTIGRAIN ROLL
SEASONED NOODLES**

MIXED VEG or
VEGETABLE SOUP

**ALL ENTREES INCLUDE
MILK & FRUIT CHOICE**

WEDNESDAY MARCH 24

ENTREE CHOICE

**SPECIAL EVENTS DAY, BUY
LUNCH TODAY RECEIVE A
Nutrition Squad Eraser**

**RAVIOLI or SHELLS
with MEATSAUCE**

or **MARINARA SAUCE
with a GARLIC BREAD
TOSSED SALAD
with DRESSING**

**ALL ENTREES INCLUDE
MILK & FRUIT CHOICE**

THURSDAY MARCH 25

ENTREE CHOICE

**CHICKEN NUGGETS with a
WHOLE WHEAT ROLL
DIPPING SAUCE,
OVEN FRIES,
BROCCOLI**

**ALL ENTREES INCLUDE
MILK & FRUIT CHOICE**

FRIDAY MARCH 26

ENTREE CHOICE



**SCHOOL MADE PIZZA
CHEESE OR VEGETABLE**

or **Fish Sandwich
GARDEN SALAD
with DRESSING**

**ALL ENTREES INCLUDE
MILK & FRUIT CHOICE**

ALL ENTREES INCLUDE ACCOMPANYING SIDES & FRUIT & MILK CHOICE

DAILY ENTRÉE CHOICES

CHEF SALAD OR PROTEIN SALAD

WITH A ROLL, FRUIT & MILK CHOICE or
CEREAL or BAGEL with YOGURT includes
STRING CHEESE, FRUIT & MILK CHOICE or
SANDWICH, TURKEY BREAST or BOLOGNA
OR TUNA SANDWICH choice of WHOLE

WHEAT PITA BREAD, W WHEAT BREAD
,W WHEAT WRAPS, FRESH VEGGIE STICKS

FRUIT & MILK CHOICE or

PEANUT BUTTER and JELLY

FRUIT & MILK CHOICE

MONDAY MARCH 29

ENTREE CHOICE

**HOT DOGS w/ SAUERKRAUT
on a ROLL
BAKED BEANS
VEGETABLE SOUP**

**ALL ENTREES INCLUDE
MILK & FRUIT CHOICE**

TUESDAY MARCH 30

ENTREE CHOICE

**FRENCH TOAST WITH
TOPPINGS,
SCHOOL HOUSE TURKEY
SAUSAGE LINKS,
POTATO WEDGE,
APPLESAUCE**

**ALL ENTREES INCLUDE
MILK & FRUIT CHOICE**

WEDNESDAY MARCH 31

ENTREE CHOICE

**RAVIOLI or SHELLS
with MEATSAUCE
or MARINARA SAUCE
with a GARLIC BREAD
TOSSED SALAD
with DRESSING**

**ALL ENTREES INCLUDE
MILK & FRUIT CHOICE**



- 1. PROTEIN**
- 2. BREAD**
- 3. VEGETABLE**
- 4. FRUIT OR 100% JUICE**
- 5. MILK**

JUST FOR YOU

**MARCH 3: LUCKY TRAY DAY: FIND THE STICKER ON
YOUR LUNCH TRAY and WIN A 100 % FROZEN JUICE TREAT.**

**MARCH 24: SPECIAL EVENTS DAY: BUY LUNCH TODAY
RECEIVE A NUTRITION SQUAD ERASER**

Menu subject to change without notice

LUNCH PRICE	\$2.25	
<u>GRAB and GO CHOICES</u>		
UNCRUSTABLES P/B JELLY SANDWICH		1.60
ICE CREAM	.75	
MILK	.50	
JUICE 4oz 100%	.50	
SPRING WATER	.75/1.00	
DANNON YOGURT	.70	
FRESH FRUIT	.50	
CRACKERS	.55	
SCHOOL BAKED COOKIES	.40	



**Protect A Life
From Food Allergies**
Wash your hands before and after each meal/snack to prevent the
spread of allergic food items
For More Information see www.foodallergy.org