








2009-2010

MARCH ELEMENTARY LUNCH MENU

ITEM CONTAINS PORK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN NUGGETS BROCCOLI W/ CHEESE SAUCE DICED PEARS CATSUP	2 NO SCHOOL!!	3 CHEESE PIZZA BABY CARROTS W/ RANCH DRESSING APPLESAUCE 	4 BEEF & CHEESE BURRITO CORN DICED PEACHES TACO SAUCE 	5 CHEESY TEXAS TOAST GREEN BEANS MANDARIN ORANGES SHAMROCK COOKIE
8 CHICKEN NUGGETS WINTER BLEND VEGS CORN MUFFIN PINEAPPLE TIDBITS CATSUP	9  TURKEY CORN DOG POTATO ROUNDS DICED PEACHES CATSUP/MUSTARD	10 TURKEY PEPPERONI PIZZA TOSSED SALAD W/ ITALIAN DRESSING APPLE SLICES	11 SOFT BEEF TACO SHREDDED LETTUCE SALAD W/RANCH DRESSING DICED PEARS	12 MOZZARELLA CHEESE STICKS RANCH DRESSING CORN MANDARIN ORANGES MINI LOAF
15 CHICKEN NUGGETS BAKED BEANS CORN MUFFIN APPLESAUCE CATSUP	16 HAMBURGER ON BUN PICKLE SLICES MANDARIN ORANGES CATSUP/MUSTARD	17 CHEESE PIZZA TOSSED SALAD W/ RANCH DRESSING BANANA 	18 CHICKEN FINGER WRAP SHREDDED LETTUCE SALAD W/RANCH DRESSING DICED PEACHES	19 MACARONI & CHEESE BROCCOLI DINNER ROLL DICED PEARS 
22 CHICKEN NUGGETS POTATO TRIANGLES MANDARIN ORANGES CATSUP 	23 NACHOS SUPREME TORTILLA CHIPS COOKED CARROT COINS DICED PEACHES	24 TURKEY PEPPERONI PIZZA TOSSED SALAD W/ ITALIAN DRESSING APPLE SLICES	25 CHICKEN PATTY SANDWICH CORN PINEAPPLE TIDBITS CATSUP/MUSTARD 	26 PEANUT BUTTER & JELLY UNCRUSTABLE STRING CHEESE BABY CARROTS W/ RANCH DRESSING APPLESAUCE

ASSORTED MILK SERVED DAILY

MENU SUBJECT TO CHANGE WITHOUT NOTICE

The Facts on Healthy Snacks

Do you think snacking means crunching chips, munching marshmallows, or chowing down on cookies? Lots of people think snacks mean foods that aren't nutritious. But snacks can be healthy, too. And healthy snacks are more likely to give you the energy and the nutrients you need. An orange will give you quick energy now and vitamin C for later. A pile of potato chips, on the other hand, contains lots of calories and fat, something that most kids don't need a lot of. Some foods, such as whole-grain foods, will also help you feel more full for longer. So a whole-grain muffin will stick with you longer than a candy bar. It's also easy to overeat candy or chips and they contain a lot of calories. That's not to say you can't have a candy bar or chips once in a while, if you like them. But try to make your regular snacks more nutritious. If you're feeling mildly hungry, maybe a piece of fruit will do the trick. But if you're feeling hungry at snacktime, try a pita stuffed with veggies, cereal with milk, oatmeal, or an English muffin pizza.

CHOOSE HEALTHY SNACKS

