






2009-2010

MARCH SECONDARY LUNCH MENU

ITEM CONTAINS PORK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>CHICKEN NUGGETS  CORN MUFFIN/ MARGARINE WARM SPICED APPLES BBQ SAUCE</p>	<p>2</p> <p>NO SCHOOL!!</p> <p></p>	<p>3</p> <p><i>PEPPERONI STUFFED CHEESE STICKS</i> ITALIAN SAUCE TOSSED SALAD HOLLYWOOD SQUARES</p>	<p>4</p> <p>MEATLOAF W/GRAVY MACARONI & CHEESE PEAS GELATIN W/TOPPING</p>	<p>5</p> <p>SOUTHWEST PIZZA SHREDDED LETTUCE SALAD CORN SALSA/SOUR CREAM</p>
<p>8</p> <p>POPCORN CHICKEN BOWL CORN BREAD/MARGARINE</p>	<p>9</p> <p><i>STUFFED CRUST PEPPERONI PIZZA</i> PEPPER RING RELISH PEANUT BUTTER COOKIE </p>	<p>10</p> <p>MEXICAN CHICKEN & RICE SHREDDED LETTUCE SALAD YELLOW CAKE W/ CHOCOLATE FROSTING SALSA/SOUR CREAM</p>	<p>11</p> <p>SPAGHETTI W/MEATSAUCE GREEN BEANS GARLIC TOAST GELATIN W/TOPPING </p>	<p>12</p> <p>TOASTED CHEESE SANDWICH TOMATO SOUP APPLE JUICE</p>
<p>15</p> <p>CHICKEN PATTY SANDWICH SWEET POTATOES PEAS</p>	<p>16</p> <p><i>FRENCH BREAD PEPPERONI PIZZA</i> CALIFORNIA BLEND VEGS GRAPE JUICE CHOCOLATE CHIP COOKIE</p>	<p>17</p> <p>CORN DOG POTATO TRIANGLES WHITE CAKE W/ BUTTER FROSTING</p>	<p>18</p> <p>NACHO SUPREME TORTILLA CHIPS SHREDDED LETTUCE SALAD GELATIN W/TOPPING SALSA/SOUR CREAM</p>	<p>19</p> <p>CHEESE FILLED BREAD STICKS ITALIAN SAUCE BLENDED JUICE</p>
<p>22</p> <p>CHICKEN STRIPS AU GRATIN POTATOES MIXED VEGETABLES </p>	<p>23</p> <p><i>FRENCH BREAD PEPPERONI PIZZA</i> BROCCOLI OATMEAL COOKIE</p>	<p>24</p> <p>SWEDISH MEATBALLS MSHD POTATOES & GRAVY BREAD/MARGARINE BROWNIE W/ CHOCOLATE FROSTING</p>	<p>25</p> <p>CHICKEN WRAP SANDWICH W/CHEESE & RANCH DRESSING SHREDDED LETTUCE SALAD GELATIN W/TOPPING</p>	<p>26</p> <p>CHEESEBURGER ON BUN POTATO TRIANGLES PICKLE/PEPPER RELISH</p>

ALTERNATIVE DAILY ENTRÉE MAY INCLUDE, WHEN AVAILABLE: HAMBURGER ON BUN AND/OR CHEF SALAD. DAILY MEAL INCLUDES CHOICE OF ASSORTED FRUIT AND ASSORTED MILK.

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

