



March 2010

BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast Pizza Fruit or Juice	2 Chicken Nuggets Biscuit w/Jelly Fruit or Juice	3 Breakfast on a Stick Fruit or Juice	4 Waffle w/Syrup Sausage Link Fruit or Juice	5 Cinnamon Twist Fruit or Juice
8 Breakfast Pizza Fruit or Juice	9 Asst. Cereals Plain Toasted Bagel Fruit or Juice	10 Breakfast on a Stick Fruit or Juice	11 English Muffin w/Egg Fruit or Juice	12 Inservice/Work Day No School For Students
15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break
22 Breakfast Pizza Fruit or Juice	23 Blueberry Muffin Fruit or Juice	24 Breakfast on a Stick Fruit or Juice	25 Pancakes Sausage Fruit or Juice	26 Coffee Cake Cheese Stick Fruit or Juice
29 Breakfast Pizza Fruit or Juice	30 Sunshine Muffins Fruit or Juice	31 Breakfast on a Stick Fruit or Juice		

MEAL PRICES:

K-4th Breakfast	\$1.25
K-4th Lunch	\$1.85
5th-12th; Breakfast	\$1.35
5th-12th Lunch	\$2.00
Reduced Breakfast	\$0.30
Reduced Lunch	\$0.40
Extra Milk	\$0.35

PLEASE NOTE: Snack milks and more than one milk consumed at breakfast or lunch are 35¢ each, as their cost *is not* covered by the Free and Reduced State Lunch Program.

Milk is served with all meals. Menus are subject to change. All breakfasts are served with milk and juice or fruit.

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LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Avg for Grades K-4
1 Corn Dog Oven Fries Carrots Strawberry Shortcake Cals. 784, Fiber 6.1 G., Prot. 21.5 G., Carbs. 127.8 G., T. Fat 22.7 G.	2 Tacos Mexicali Corn Peach Half Cinnamon Bun Cals. 631, Fiber 6.6 G., Prot. 30.1 G., Carbs. 84.2 G., T. Fat 20.4 G.	3 Chicken Pattie on a Bun Rice w/Cheese Peas & Carrots Cherry Dessert Cals. 825, Fiber 3.4 G., Prot. 35.3 G., Carbs. 120.4 G., T. Fat 19.8 G.	4 Chicken Tenders Whipped Potatoes w/Gravy Broccoli Fruit Mix Brownies Cals. 689, Fiber 7.3 G., Prot. 25.9 G., Carbs. 107.2 G., T. Fat 19 G.	5 Cheese Pizza Salad w/Dressing Corn Pumpkin Dessert Cals. 695, Fiber 4.6 G., Prot. 30 G., Carbs. 95.8 G., T. Fat 22.2 G.	Cals. 725 Fiber 5.6 G. Carbs 107.1 G. T. Fat 20.8 G.
8 Crispito w/Cheese Sauce Orange Halves Spanish Rice Cinnamon Bun Cals. 696, Fiber 5.9 G., Prot. 25.8 G., Carbs. 96.7 G., T. Fat 22.4 G.	9 Hamburger on a Bun Ranch Cut Potato Broccoli Pineapple w/Strawberry Glaze Cals. 710, Fiber 6.2 G., Prot. 31.5 G., Carbs. 91.5 G., T. Fat 25.1 G.	10 Sub Sandwich Bananas Pasta Salad Baked Beans Cals. 698, Fiber 8.7 G., Prot. 34.8 G., Carbs. 115.2 G., T. Fat 11.5 G.	11 Chicken Wrap Strawberry Apple Mix Seasoned Rice Carrots Cals. 652, Fiber 5.3 G., Prot. 25.9 G., Carbs. 104.6 G., T. Fat 14.6 G.	12 Inservice/Work Day No School For Students	Cals. 689 Fiber 6.5 G. Carbs. 102 G. T. Fat 18.4 G.
15 Spring Break	16 Spring Break	17 Spring Break St. Patrick's Day	18 Spring Break	19 Spring Break	
22 Mexican Burrito Macaroni & Corn Bake Pudding Fresh Grapes Cals. 711, Fiber 9.5 G., Prot. 28.5 G., Carbs. 111.1 G., T. Fat 18 G.	23 Chicken Fries Whipped Potatoes w/Gravy Winter Mix Fruit Salad Oatmeal Roll Cals. 677, Fiber 5.8 G., Prot. 26.3 G., Carbs. 100 G., T. Fat 19 G.	24 Chili w/Crackers Carrots Fruit w/Apricots Cinnamon Roll Cals. 860, Fiber 12.1 G., Prot. 34.8 G., T. Fat 15.9 G.	25 Chicken Pattie on a Bun Seasoned Rice Peas & Carrots Apple Crisp Cals. 804, Fiber 4.5 G., Prot. 34.3 G., Carbs. 122.6 G., T. Fat 17.8 G.	26 Max Cheese w/Dip Salad Jellow w/OJ Roll Cals. 587, Fiber 4.7 G., Prot. 15.5 G., Carbs. 88.2 G., T. Fat 20.4 G.	Cals. 728 Fiber 7.3 G. Carbs 113.5 G. T. Fat 18.2 G.
29 Chicken & Noodles Whipped Potatoes Green Beans Pineapple w/Strawberry Glaze Wheat Roll Cals. 618, Fiber 5.8 G., Prot. 26.8 G., Carbs. 99.5 G., T. Fat 13 G.	30 Biscuits w/Gravy Hash Brown Potato Fruit w/Strawberries/Apples Yogurt Cals. 780, Fiber 5.2 G., Prot. 19 G., Carbs. 127.1 G., T. Fat 22.2 G.	31 Spaghetti w/Meat Sauce Salad w/Dressing Green Beans Garlic Roll Cals. 622, Fiber 6.9 G., Prot. 25.9 G., Carbs. 90.6 G., T. Fat 17.7 G.			Cals. 673 Fiber 6 G. Carbs. 105.7 G. T. Fat 17.6 G.