

MARCH 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1) Chicken (Salad) Salad Sandwich:Ham/Cheese or Turkey Pizza	2) Chef Salad Sandwich:Ham/Cheese or Turkey Pizza	3) Chicken Teriyaki Salad Sandwich:Ham/Cheese or Turkey Pizza	4) Three Cheese Salad Sandwich:Ham/Cheese / Turkey Pizza	5) Tuna (Salad) Salad Sandwich:Ham/Cheese / Turkey Pizza
1 4oz Chicken sandwich on a hamburger roll w/ condiments 1 leaf lettuce, 1 slices of tomato & 4 oz Cucumbers with ranch dip 1 Fruit	1 8oz Pizza Bread Dipper with 4oz cheese (hot & gooey), 4 oz Marinara Sauce (cold) and 4 oz side salad 1 Fruit	1 tacos w/ 3 oz ground beef topping mixed with 3 oz mild salsa, 3 oz rice & beans, 3 oz cucumber w/ 1.5 oz low fat ranch dip 1 Fruit	2 (2 oz) chicken fritters 4 oz macaroni & cheese (mild Cheddar) w/ 3 oz green beans 1 Fruit	No School
8) Chicken (Salad) Salad Sandwich:Ham/Cheese / Turkey Pizza	9) Chef Salad Sandwich:Ham/Cheese / Turkey Pizza	10) Chicken Teriyaki Salad Sandwich:Ham/Cheese / Turkey Pizza	11) Three Cheese Salad Sandwich:Ham/Cheese / Turkey Pizza	12) Tuna (Salad) Salad Sandwich:Ham/Cheese / Turkey Pizza
3 oz turkey breast 4 oz mashed potatoes, 4 oz gravy, 4 oz fresh carrots & squash medley, 2 fresh baked rolls 1 Fruit	2 (1.5 oz) chicken Teriyaki, 4 oz rice & beans, 4 oz mild salsa 4 oz corn 1 Fruit	4 oz macaroni and 3 oz beef, 3 oz tomato sauce, 3 oz salad, 1 Fruit	5 oz Sloppy Joe on 1 Bun 4 oz baked beans, 3 oz corn 3oz salad 1 fruit	1 Cheese or pepperoni pizza, 4 oz baby carrots 4 oz salad 1 Fruit
15) Chicken (Salad) Salad Sandwich:Ham/Cheese / Turkey Pizza	16) Chef Salad Sandwich:Ham/Cheese / Turkey Pizza	17) Chicken Teriyaki Salad Sandwich:Ham/Cheese / Turkey Pizza	18) Three Cheese Salad Sandwich:Ham/Cheese / Turkey Pizza	19) Tuna (Salad) Salad Sandwich:Ham/Cheese / Turkey Pizza
8 oz meat lasagna 4 oz salad and 1 Fruit	1 4oz Chicken sandwich on a hamburger roll w/ condiments 1 leaf lettuce, 1 slices of tomato & 4 oz Cucumbers with ranch dip 1 Fruit	1 8oz Pizza Bread Dipper with 4oz cheese (hot & gooey), 4 oz Marinara Sauce (cold) and 4 oz side salad 1 Fruit	1 tacos w/ 3 oz ground beef topping mixed with 3 oz mild salsa, 3 oz rice & beans, 3 oz cucumber w/ 1.5 oz low fat ranch dip 1 Fruit	1 Cheese or pepperoni pizza, 4 oz baby carrots 4 oz salad 1 Fruit
22) Chicken (Salad) Salad Sandwich:Ham/Cheese / Turkey Pizza	23) Chef Salad Sandwich:Ham/Cheese / Turkey Pizza	24) Chicken Teriyaki Salad Sandwich:Ham/Cheese / Turkey Pizza	25) Three Cheese Salad Sandwich:Ham/Cheese / Turkey Pizza	26) Tuna (Salad) Salad Sandwich:Ham/Cheese / Turkey Pizza
2 (2 oz) chicken fritters 4 oz macaroni & cheese (mild Cheddar) w/ 3 oz green beans 1 Fruit	3 oz turkey breast 4 oz mashed potatoes, 4 oz gravy, 4 oz fresh carrots & squash medley, 2 fresh baked rolls 1 Fruit	2 (1.5 oz) chicken Teriyaki, 4 oz rice & beans, 4 oz mild salsa 4 oz corn 1 Fruit	4 oz macaroni and 3 oz beef, 3 oz tomato sauce, 3 oz salad, 1 Fruit	1 Cheese or pepperoni pizza, 4 oz baby carrots 4 oz salad 1 Fruit
29) Chicken (Salad) Salad Sandwich:Ham/Cheese / Turkey Pizza	30) Chef Salad Sandwich:Ham/Cheese / Turkey Pizza	31) Chicken Teriyaki Salad Sandwich:Ham/Cheese / Turkey Pizza		
5 oz Sloppy Joe on 1 Bun 4 oz baked beans, 3 oz corn 3oz salad 1 fruit	8 oz meat lasagna 4 oz salad and 1 Fruit	1 4oz Chicken sandwich on a hamburger roll w/ condiments 1 leaf lettuce, 1 slices of tomato & 4 oz Cucumbers with ranch dip 1 Fruit		

* All meals served with milk
 * Salad (with roll) toppings come on the side