



March 2010



Optional Daily Lunch Choices:
Grilled Chicken Pattie/Bun
Or P B & J Uncrustables

Additional Lunch Choices for
Upper Grades: Salad Bar or Pizza

The A-Scensible Cafe



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets Rice Pilaf Carrot Coins Fruit Choice Milk	2 Philly Steak Sandwich Pepper & Onions or Baby Carrots Fresh Fruit Milk	3 Hamburger On Bun Tator Tots Orange Smiles Milk	4 Stuff Crust Pizza Veggies & Dip Pears Milk	**No Meat** 5 Mac & Cheese Tossed Salad Fruit Choice Milk
8 Popcorn Chicken Coated Fries Applesauce Milk	9 Scrambled Eggs Glazed Fr. Toast Hash Brown Stick Fruit Choice Milk	10 Corn Dog Baby Carrots/Dip Fresh Fruit Milk	11 Stuff Crust Cheese Pizza Tossed Salad Fruit Choice & Milk	12 NO SCHOOL
15 Chicken Tenders Broccoli Peaches Milk	16 Taco w/Chips Lettuce or Corn Pineapple Corn Muffin Milk	17  St. Pat's Day Bosco Sticks W/Sauce or Salad "Green" Pears Milk	18  Big Daddy Pizza California Mix Fruit Choice Milk	** No Meat** 19 Cheese Pizza Veggie Choice Fruit Choice Milk
22 Chicken Pattie On Bun Twister Fries Pineapple Milk	23 French Toast or Pancakes Sausage Patty Hash Browns Hot Apple Slices Milk	24 Hot Dog/Bun Baked Beans Fruit Choice Milk	25 Bosco Pizza Winter Veggie Mix Fruit Choice Milk	** No Meat** 26 Shrimp Poppers Cheese Wedge Broccoli & Cauliflower Fruit Choice & Milk
29 Chicken Nuggets Green Beans Applesauce Texas Toast Milk	30 Sweet/Spicy Tangerine Chicken Rice Broccoli Orange Wedges Milk	31 Rib Pattie On Sub Bun Fries Fruit Choice Milk	Your Free & Reduced Application applies to both Breakfast and Lunch. Please visit your school website to view cafeteria information: Menu's Nutrition Nuggets, and Credit Card Information.	

National Breakfast Week – March 8 – 12th. See back/details

Breakfast Menu

Mon. - Breakfast Kits

Tues. - Waffles
Apple Slices
Milk

Wed. - Trix Yogurt
Super Donut
Milk



Thurs. - Mini-Pancakes
Juice Box
Milk



Fri. - Apple
Cinnamon Loaf
Fresh Fruit
Milk



Contains no nuts
But made in a
Peanut facility.



 Banana's have natural fruit sugars which give you fast bursts of energy - that's why athletes don't leave home without them !!