

## MARCH 2010 LUNCH MENU

This month, think about trading soda or juice for a big glass of water! Even making this change 1 x per day can make a big difference in your life. How about giving up soft drinks for Lent? Wishing you a happy and Holy Lenten season!

Chef Bessie and Chef Meredith

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Ravioli Salad Garlic Bread Brownie Bites	2 Chicken Filet Sandwich Trail Mix Cottage Cheese/w Peaches Popsicle	3  12:15 Dismissal	4 * Make your own Tostadas Mexican rice Fruit Cookie	5 *  Cheese Pizza	6
7	8  Pizza Pockets Pretzels Fruit Yogurt crush cup	9  Tacos Beans & Rice Grapes Ice Cream Sandwich	10  12:15 Dismissal	11 Grilled Cheese * Sandwich Peanut Butter in Celery Fruit roll up Pudding	12 *  Cheese Pizza	13
14	15  Hot Dog in a Blanket Sun Chips Banana Lemon Bites	16  Sloppy Joes Sweet Potato Fries Fruit Rice Krispy Treat	17  12:15 Dismissal	18  Chicken Teriyaki Rice Vegetables Almond Cookie	19 *  Cheese Pizza	20
21	22  Baked Potatoes w/ chili & cheese Carrot chips Cookie	23 *  Quesadillas Chips & Salsa Apple Dippers w/Carmel	24  12:15 Dismissal	25  Corn Dog Baked Beans Chips Ice Cream Cup	26 *  Cheese Pizza	27
28	29 * Bean & Cheese Burritos Sweet red peppers w/dip Fruit roll up Cookie	30  Hot Meatball Sandwich String Cheese Grapes Popsicle				27
				* Denotes meatless meals		

All lunches served with your choice of bottled water, low-fat chocolate milk or Healthy Kids Organic juice drink