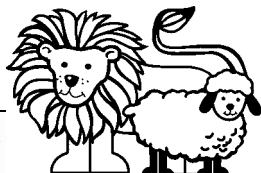



Elementary Lunch Menu

March 2010



ISD 15 NUTRITION SERVICES ELEMENTARY LUNCH MENU for SFE, CCCS, & EBCS
Student Lunch \$2.00/ Second Lunch \$3.20/ Adult Lunch \$3.20

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
| <p style="text-align: right;">1</p> (1)MEAT or (2)CHEESE PIZZA Lettuce Salad w/ Ranch Dressing Fruit Yogurt w/ Granola Crunchies Milk Choice | <p style="text-align: right;">2</p> MINI BURGERS ☺ Vegetable Choice Oven Potatoes Fruit 100% Fruit Juice Push Up Milk Choice | <p style="text-align: right;">3</p> CHICKEN NUGGETS Mashed Potatoes w/ Gravy Vegetable Fruit Buttermilk Biscuit w/ Grape Jelly Milk Choice | <p style="text-align: right;">4</p> (1)RIBWICH or (2)HOT HAM AND CHEESE SANDWICH Vegetable Fruit Dill Pickle Spear Graham Cracker Snack Milk Choice | <p style="text-align: right;">5</p> (1)CHEESE QUESADILLA ☺ or (2)BURRITO ☺ Lettuce, Tomato, Sour Cream & Salsa Refried Beans Fruit Milk Choice |
| <p style="text-align: right;">8</p> SHRIMP POPPERS with a CHEESY BREADSTICK w/Tartar Sauce & Cocktail Sauce Vegetable Fruit Milk Choice | <p style="text-align: right;">9</p> TACO 'N BAG Reduced Fat Dorito Chips Beef Taco Meat ☺, Cheese, Lettuce, Tomato, Salsa & Sour cream Refried Beans Fruit Milk Choice | <p style="text-align: right;">10</p> PASTA BAR (1)Chicken Alfredo Sauce or (2)Beef Spaghetti Sauce ☺ over pasta Fresh Veggies w/ Low Fat Dip Fruit Crunchy Breadstick Milk Choice | <p style="text-align: right;">11</p> CHICKEN IN GRAVY over MASHED POTATOES Vegetable Fruit School Baked Petite Cinnamon Roll w/ Drizzled Icing Milk Choice | <p style="text-align: right;">12</p> <p style="text-align: center;">No Hot Lunch</p> <p style="text-align: center;">Please bring a cold lunch</p>  |
| <p style="text-align: right;">15</p> (1)FRENCH TOAST STICKS or (2)PANCAKES w/Syrup & Fruit Topping HAM EGG Tri Tator Potato 100% Fruit Juice Cup Milk Choice | <p style="text-align: right;">16</p> CHICKEN WRAP w/ Lettuce, Tomato, Cheese, and Ranch Dressing Baked Chip Fresh Veggies w/ Low Fat Dip Fruit Choice Milk Choice | <p style="text-align: right;">17</p> <p style="text-align: center;"><i>St. Patrick's Day</i></p> (1)CHICKEN SHAMROCKS OR (2)UNBREADED TERIYAKI CHICKEN DIPPERS ☺ Vegetable Egg Roll Rice Pilaf, Fruit Sugar Cookie Milk Choice | <p style="text-align: right;">18</p> (1)MEAT or (2)CHEESE PIZZA Vegetable Fruit Yogurt w/ Granola Crunchies Milk Choice | <p style="text-align: right;">19</p> MOZZARELLA CHEESE STICKS w/PIZZA SAUCE Lettuce Green Salad w/ Low Fat Dressing Fruit Sherbet Milk Choice |
| <p style="text-align: right;">22</p> (1)BBQ CHIKEN or (2)HOT HAM AND CHEESE on Whole Grain Bun Vegetable Fruit Dill Pickle Spear Graham Cracker Snack Milk Choice | <p style="text-align: right;">23</p> BUILD YOUR OWN SANDWICH on Whole Grain Bun/Wrap w/Turkey, Ham, Cheese, Lettuce, Tomatoes, Onions, Pickle & Mayo Fruit Baked Chip Milk Choice | <p style="text-align: right;">24</p> CHICKEN TACOS (1)Hard or (2)Soft Shell Tortilla, Chicken Taco Meat ☺, Cheese, Lettuce, Tomato, Sour Cream & Salsa Refried Beans Churro Fruit Milk Choice | <p style="text-align: right;">25</p> GARLIC CHEESY BREAD w/ PIZZA SAUCE Lettuce Salad w/ Low Fat Dressing Fruit Milk Choice | <p style="text-align: right;">26</p> SHRIMP POPPERS ☺ with MACARONI & CHEESE w/Tartar Sauce & Cocktail Sauce Vegetable Fruit Chocolate Chocolate Chip Muffin Milk Choice |
| <p style="text-align: right;">29</p> NO SCHOOL SPRING BREAK | <p style="text-align: right;">30</p> NO SCHOOL SPRING BREAK | <p style="text-align: right;">31</p> NO SCHOOL SPRING BREAK | <p style="text-align: right;">April 1</p> NO SCHOOL SPRING BREAK | <p style="text-align: right;">April 2</p> NO SCHOOL SPRING BREAK |

USDA Child Nutrition Label, (USDA Certified product meets Child Nutrition meal pattern requirements for lean protein &/or enriched grains) Program benefits and services are available to all children without regard to race, religion, color, sex, handicap, age or national origin. Free and reduced meal applications are available throughout the year in all schools or on the website at www.stfrancis.k12.mn.us.