

March 2010



1	2	3	4	5
<u>Lunch</u> <u>Macaroni & Cheese/Ham</u> <u>Broccoli</u> <u>Wheat Bread Stick</u> <u>Peach Cups</u>	<u>Lunch</u> <u>Hot Ham & Cheese on Roll</u> <u>Salad Bar</u> <u>Apple Crisp</u>	<u>Lunch</u> <u>Deluxe Salad Bar</u> <u>Choice of meats, egg, cheese bread, fruit, vegetables and sandwich</u>	<u>Lunch</u> <u>Chicken Nuggets</u> <u>Rice Pilaf</u> <u>Carrots</u> <u>Fruit Cup</u>	<u>Lunch</u> <u>Cheese or Pepperoni Pizza (low fat cheese)</u> <u>Whole Wheat Crust</u> <u>Salad Bar</u> <u>Fresh Fruit</u>
8	9	10	11	12
<u>Lunch</u> <u>Chili</u> <u>Cornbread</u> <u>Green Beans</u> <u>Juice Bar</u> <u>NATIONAL</u>	<u>Lunch</u> <u>Baked Potato Bar</u> <u>Biscuit, Cheese Sauce, Diced Ham</u> <u>Salsa, Broccoli</u> <u>Veggie Bar</u> <u>Fruit</u> <u>SCHOOL</u>	<u>Lunch</u> <u>Deluxe Salad Bar</u> <u>Choice of meats, egg, cheese, bread, fruit, vegetables and sandwich</u> <u>BREAKFAST</u>	<u>Lunch</u> <u>Chicken Pie/Biscuit</u> <u>Cranberry Sauce</u> <u>Mixed Fruit</u> <u>WEEK</u>	<u>Lunch</u> <u>Cheese or Pepperoni Pizza (low fat cheese)</u> <u>Whole Wheat Crust</u> <u>Salad Bar</u> <u>Fresh Fruit</u>

MENU SUBJECT TO CHANGE WITHOUT NOTICE

Milk is served daily for lunch. Choice of 1 % or 2 % milk is offered. ½ % choc. milk is served Mon. Wed. and Fri. for lunch.

We offer daily a choice of sandwich or regular lunch. All students who get lunch will have access to the salad/veggie bar 3 days per week including Deluxe Salad Bar once per week. Please note: no Deluxe Salad Bar is offered during a 3 day week.

Sandwich Choices:

Mar.1-5 Tuna
Mar. 8-12 Deli turkey & Cheese
Mar. 15-19 Bologna & Cheese
Mar. 22-26 Egg salad
Mar. 29-Apr 2 Ham & Cheese
P B & Jelly sandwich offered daily.

Fruit/Vegetable of the Month

Our Vegetable of the Month for March will be CAULIFLOWER.

February fruit of the month was pineapple. Survey results were: 58 YES 5 NO

Most students would like to have pineapple on the menu.

K.A. BRETT SCHOOL
BREAKFAST/LUNCH MENU
MARILYN PRIVE, FOOD SERVICE
DIRECTOR
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BREAKFAST MENU

Low fat milk
 100 % juice
 Choice of Bagel/cream cheese or Cereal or Muffin

Trail Mix (optional)

Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to *USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington DC 20250-9410* or call 202-720-5964 (voice and TDD). USDA Is an equal opportunity provider and employer

15	16	17	18	19
<p><u>Lunch</u> <u>Baked Beans</u> <u>Hot Dog/Roll</u> <u>Cole Slaw</u> <u>Pineapple Tidbits</u></p>	<p><u>Lunch</u> <u>SNOW DAY</u> <u>Crispy Chicken</u> <u>Biscuit</u> <u>Salad Bar</u> <u>Fruit</u></p>	<p><u>Lunch</u> <u>Deluxe Salad Bar</u> <u>Choice of meats, egg,</u> <u>cheese, bread, fruit,</u> <u>vegetables and</u> <u>sandwich</u></p>	<p><u>Lunch</u> <u>Meatball Sub</u> <u>Baked Fries</u> <u>Veggie Sticks</u> <u>Brownie</u></p>	<p><u>Lunch</u> <u>Cheese or Pepperoni</u> <u>Pizza (low fat cheese)</u> <u>Whole Wheat Crust</u> <u>Salad Bar</u> <u>Fresh Fruit</u></p>
22	23	24	25	26
<p><u>Lunch</u> <u>Tomato Soup</u> <u>Grilled Cheese</u> <u>Sandwich</u> <u>Crackers</u> <u>Fruit</u></p>	<p><u>Lunch</u> <u>Chicken Burger/Roll</u> <u>Salad Bar</u> <u>Blueberries/Whip</u> <u>Topping</u></p>	<p><u>Lunch</u> <u>French Toast Sticks</u> <u>Ham Slice</u> <u>Herbed Potatoes</u> <u>Applesauce</u></p>	<p><u>Lunch</u> <u>Deluxe Salad Bar</u> <u>Choice of meats, egg,</u> <u>cheese, bread, fruit,</u> <u>vegetables and</u> <u>sandwich</u></p>	<p><u>Lunch</u> <u>Cheese or Pepperoni</u> <u>Pizza (low fat cheese)</u> <u>Whole Wheat Crust</u> <u>Salad Bar</u> <u>Fresh Fruit</u></p>
29	30	31	APR 1	APR 2
<p><u>Lunch</u> <u>Shepherds Pie</u> <u>Cranberry Sauce</u> <u>Whole Wheat Roll</u> <u>Fruit</u></p>	<p><u>Lunch</u> <u>Tamworth Tiger Sub</u> <u>(Meat & Cheese)</u> <u>Salad Bar</u> <u>Tangerines</u></p>	<p><u>Lunch</u> <u>Deluxe Salad Bar</u> <u>Choice of meats, egg,</u> <u>cheese, bread, fruit,</u> <u>vegetables and</u> <u>sandwich</u></p>	<p><u>Lunch</u> <u>Lasagna/Meat Sauce</u> <u>Green Beans</u> <u>Garlic Bread</u> <u>Jello/Whip Topping</u></p>	<p><u>Lunch</u> <u>French Bread Pizza</u> <u>Salad Bar</u> <u>Fresh Fruit</u></p>