

Regional Consultant/Trainer March High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 3/1/2010 Chicken Nuggets Burger Basket Mashed Potatoes Country Gravy Green Peas Seasoned Broccoli Mandarin Oranges Side Salad Hot Roll Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Tue - 3/2/2010 Salisbury Steak Spaghetti Gravy, Brown (Low Fat) Toaster Sandwich Basket Potatoes Au Gratin Seasoned Green Beans Pineapple Chunks Side Salad Warm Breadsticks Marinara Sauce Burger Salad Spiced Apples Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Wed - 3/3/2010 Crispeto Corn Dog Basket Seasoned Pinto Beans Buttered Corn Blushing Pears Side Salad Chocolate Pudding Cup Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Milk	Thu - 3/4/2010 Sloppy Joe Chicken Sandwich Basket Baked Beans Chilled Peaches Chilled Peaches Side Salad Burger Salad Fresh Fruit Chocolate Chip Cookie Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Fri - 3/5/2010 Chicken Sandwich Basket Pizza Mashed Potatoes Popcorn CK Country Gravy Green Peas Side Salad Corn Salad Fresh Fruit Chocolate Pudding Cup Dressing, Ranch Lite KETCHUP Milk Cookies
Mon - 3/8/2010 Steak Fingers Burger Basket Mashed Potatoes Country Gravy Seasoned Broccoli Country Gravy Side Salad Hot Roll Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Tue - 3/9/2010 Chicken Spaghetti Toaster Sandwich Basket Seasoned Green Beans Chilled Mixed Fruit Side Salad Country Gravy TX Toast Burger Salad Fruited Jello Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Wed - 3/10/2010 Beef Enchiladas Corn Dog Basket Spanish Rice Buttered Corn Rosy Applesauce Side Salad Fresh Fruit Fresh Fruit Dressing, Ranch Lite Taco Sauce KETCHUP MUSTARD Milk	Thu - 3/11/2010 BBQ Beef on a Bun Chicken Sandwich Basket Baked Beans Creamy Cole Slaw Creamy Cole Slaw Chilled Peaches Side Salad Burger Salad Fresh Fruit Chocolate Pudding Cup Pudding cups Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Fri - 3/12/2010 Chicken Sandwich Basket Pizza Country Gravy Green Peas Side Salad Popcorn CK Fresh Fruit Chocolate Pudding Cup CORN Salad Dressing, Ranch Lite KETCHUP Milk Cookies
Mon - 3/15/2010 HOLIDAY	Tue - 3/16/2010 HOLIDAY	Wed - 3/17/2010 HOLIDAY	Thu - 3/18/2010 HOLIDAY	Fri - 3/19/2010 HOLIDAY

Menu subject to change

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 3/22/2010 Chicken Nuggets Burger Basket Mashed Potatoes Country Gravy Seasoned Black-eye Peas Blushing Pears Side Salad Hot Roll Burger Salad Fresh Fruit Chocolate Chip Cookie Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Tue - 3/23/2010 Lasagna Toaster Sandwich Basket Seasoned Green Beans Mandarin Oranges Side Salad Warm Breadsticks TK Toast Marinara Sauce Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Wed - 3/24/2010 Stuffed Bbq Baked Potato Corn Dog Basket Seasoned Pinto Beans Baked Beans Hot Roll Pineapple Chunks Side Salad Fresh Fruit Fruit Crisp Dressing, Ranch Lite Mustard, Pkt 5.5 gram KETCHUP Milk	Thu - 3/25/2010 Soft Crispy Tacos Warm Shells HG Chicken Sandwich Basket Taco Toppings Shredded Cheese Spanish Rice Buttered Corn Side Salad Chilled Mixed Fruit Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP Mustard, Pkt 5.5 gram Mayo - Low Fat PC Milk	Fri - 3/26/2010 Chicken Fries Pizza Potatoes Au Gratin California Mixed Veggies Side Salad Grilled Peaches Warm Breadsticks Marinara Sauce Fresh Fruit Peanut Butter Cookie Dressing, Ranch Lite KETCHUP Milk
Mon - 3/29/2010 Steak Fingers Burger Basket Mashed Potatoes Country Gravy Seasoned Broccoli Carrot Sticks Side Salad Hot Roll Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Tue - 3/30/2010 Spaghetti w/ Meat Sauce Spaghetti Cooked HG Toaster Sandwich Basket Seasoned Green Beans Pineapple Chunks Side Salad Warm Breadsticks Marinara Sauce Burger Salad Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Mayo - Low Fat PC Milk	Wed - 3/31/2010 Frito Pie Corn Dog Basket Seasoned Pinto Beans Buttered Corn Chilled Mixed Fruit Side Salad Fruit Crisp Fresh Fruit Dressing, Ranch Lite KETCHUP MUSTARD Milk		

Pizza
 Popcorn
 corn
 salad
 cookies

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