



# Elementary School Lunches

## March 2010

### National Nutrition Month



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Breaded Chicken Patty on a Bun or Smuckers PB&J Oven Fries Chilled Fruit Cup	<b>2</b> Savory BBQ Rib Sandwich or Yogurt Fruit & Cheese Platter with Crackers Tater Tots Chilled Fruit Cup	<b>3</b> Grilled Cheese Sandwich or Turkey and Cheese Wrap Carrot Sticks Chilled Fruit Cup	<b>4</b> Nacho Tacos With Meat Shredded Lettuce & Cheese or Deli Sub Corn Chilled Fruit Cup	<b>5</b> Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
<b>8</b> Crispy Chicken Nuggets Dinner Roll or Smuckers PB&J Smile Potatoes Chilled Fruit Cup	<b>9</b> Mozzarella Sticks With Sauce Italian bread or Chef Salad with Deli Meat & Crackers Carrot Sticks Chilled Fruit Cup	<b>10</b> Hot Dog On bun or Deli Sub Steamed Vegetables Chilled Fruit Cup	<b>11</b> Top Your Own Burger On A Bun or Turkey Sub Tater Tots Chilled Fruit Cup	<b>12</b> Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
<b>15</b> Breaded Chicken Patty on a Bun or Smuckers PB&J Oven Fries Chilled Fruit C	<b>16</b> Nacho Tacos with Meat Shredded Cheese & Lettuce or Ham & Cheese Sub Corn Chilled Fruit Cup	<b>17</b> French Toast Stix with Sausage or Yogurt, Fruit, & Cheese Platter with Crackers 100% Juice Chilled Fruit Cup	<b>18</b> Home Style Meatloaf With Gravy Mashed Potatoes Dinner Roll or Turkey Sub Steamed Vegetables Chilled Fruit Cup	<b>19</b> Oven Baked Pizza or Tuna Sandwich Carrots Sticks Chilled Fruit Cup
<b>22</b> Crispy Chicken Nuggets or Smuckers PB & J Smile Potatoes Dinner Roll Chilled Fruit Cup	<b>23</b> Stuffed Crust Pizza or Chef Salad with Deli Meat & Crackers Carrot Stix Chilled Fruit Cup	<b>24</b> Meat Ball Sub or Deli Sub Steamed Vegetables Chilled Fruit Cup	<b>25</b> Cheese Steak Sandwich or Turkey Sub Tater Tots Chilled Fruit Cup	<b>26</b> Oven Baked Pizza or Tuna Sandwich Tasty Tossed Salad Chilled Fruit Cup
<b>29</b> Chicken Patty On A Bun or Smuckers PB&J Oven Fries Chilled Fruit Cup	<b>30</b> Pizzatas with Sauce Italian bread or Chef Salad with Deli Meat & Crackers Steamed Vegetables Chilled Fruit Cup	<b>31</b> Nacho Tacos With Meat Shredded Lettuce & Cheese or Turkey Sub Corn Chilled Fruit Cup	<b>March = National Nutrition Month</b> <b>March 2 = Dr. Seuss's Birthday</b> <b>March 9 = National School Breakfast Week</b> <b>March 20 = First Day of Spring</b>	

## Here's What's Cookin'

Your lunch includes:

Choice of one entrée  
Hot or Cold

Choice of 2 Sides  
Fruit / Vegetable

Choice of Low-fat Milk

A lunch must include a minimum of three groups.

If less than three are selected, you will be charged ala carte.

Full Price Lunch = \$2.50  
Reduced Lunch Price = \$ .40  
Milk = \$ .50

Lunches maybe prepaid

**MENU SUBJECT TO CHANGE**

Families know that kids who **EAT SMART** and **PLAY HARD** do better in school!

Our school is preparing healthier meals by serving low-fat dairy products, more fruits and veggies, whole grains and dried beans (to increase fiber), and lower fat entrees. **Contact the school food service department, Michelle Jenkins, R.D. at (732) 525-5207 to see what healthy changes we are making!**

There are a lot of things you can do right around your house or neighborhood to get fit and have fun.

This month roll down a hill, jump rope, or play hopscotch.



Available Choice of Low-Fat Milk    Daily Seasonal Fresh Fruit Basket    Assorted Bread Basket

**Alternate Cold Lunch Choices:**

1.) Fiesta Fun Lunch Box with Baked Scoops & Salsa    2.) Bagel Lunch Box with Choice of Peanut Butter or Cheese Stix

\*Please note: Smuckers Uncrustables sandwiches are on whole wheat bread/rolls.

Pizza crust is made with whole wheat flour.