








# St. Francis of Assisi School Lunch menu



March 2009

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<p><b>Dr. Suess' Birthday! 2</b>  <i>All students who buy lunch today will have a chance to win a Dr. Suess Book!</i>                      Hot (Green) Eggs and Ham on a Bagel                      Orange Juice                      Peaches                      Green Egg Cookie                      Choice of Milk</p> 	<p>3                      Chicken Tenders                      Corn                      Apricots                      Hot Buttery Spiral Noodles                      Cherry Crisp                      Choice of Milk</p>	<p>4                      RibBBQ on a hamburger bun                      Carrot Coins                      Raisins                      Baked Doritos                      Choice of Milk</p>	<p>5                      Domino's Pizza                      Baby Carrots                      Celery Sticks                      Light Ranch Dip                      Cookie                      Choice of Milk</p>	<p>6  <b>No School</b>  <b>Teacher Professional Day</b></p>
<p>9                      Beef Teriyaki Dippers                      Rice                      Pineapple                      Green Beans                      Fortune Cookie                      Choice of Milk</p>	<p>10                      Chicken Fajita                      Rice                      Lettuce and Tomato                      Salsa                      Corn                      Raisins                      Choice of Milk</p>	<p><b>Johnny Appleseed Day! 11</b>                      Hamburger or Cheeseburger on a bun                      Pickles                      Condiments                      Carrot Coins                      "Johnny Appleseed" Applesauce                      Dessert                      Choice of Milk</p> 	<p>12                      Macaroni and Cheese                      Whole Wheat Breadstick                      Honey Roasted Sunflower Seeds                      Mixed Veggies                      Warm Cinnamon Apple Slices                      Choice of Milk</p>	<p>13                      Domino's Pizza                      Baby Carrots                      Cucumber circles                      Light Ranch Dip                      Cookie                      Choice of Milk</p>
<p>16                      Crispy Baked Chicken                      Mashed Potatoes                      Gravy                      Corn                      Whole Wheat Dinner Roll                      Choice of Milk</p>	<p><b>Happy St. Patrick's Day! 17</b>                      Golden Coin Chicken Nuggets                      Dipping Sauces                      "Eat Green for Irish" Green Beans                      Apricots                      Shamrock Shaped Soft pretzel                      Shamrock shaped cookie                      Choice of Milk</p> 	<p>18  <b>Early Release</b>  <b>Faculty Meeting</b>  <b>No Lunch Served</b></p>	<p>19                      French Toast Sticks                      Syrup                      Cheese Cubes                      Orange Juice                      Apricots                      Choice of Milk</p>	<p><b>First Day of Spring! 20</b>                      Domino's Pizza                      Baby Carrots                      Celery Sticks                      Light Ranch Dip                      Cookie                      Choice of Milk</p> 
<p>23                      Hard Shell Tacos                      Lettuce and Tomato                      Salsa                      Rice                      Corn                      Pears                      Choice of Milk</p>	<p>24                      Grilled Cheese Sandwich                      Animal Crackers                      Mixed Veggies                      Fresh Apple                      Choice of Milk</p>	<p>25                      Spaghetti                      Meatballs in Sauce                      Italian Green Beans                      Fresh Grapes                      Whole Wheat Breadstick                      Choice of Milk</p> 	<p>26                      Chicken Patty on a Bun                      Condiments                      Pickles                      Carrot Coins                      Apple Crisp                      Choice of Milk</p>	<p>27                      Domino's Pizza                      Baby Carrots                      Cucumber circles                      Light Ranch Dip                      Cookie                      Choice of Milk</p>
<p><b>National Hot Dog Day! 30</b>                      Hot Dog on a bun                      Pickles                      Condiments                      Fresh Grapes                      Homestyle Baked Beans                      Choice of Milk</p> 	<p>31                      Homemade BBQ Pulled Pork on a hamburger bun                      Corn                      Ketchup                      Apricots                      Baked Doritos                      Choice of Milk</p>		<p>Price of Lunch: \$2.50 (free and reduced price (\$.40) meals available for families who qualify)                      Assorted flavors of 8oz Milk: \$.50                      Please <b>prepay</b> for meals using cash or check.</p> 	<p>Available as entrée choices every day:                      Bagel, PBJ, Fresh Garden Salad with breadstick.</p> 

MENU SUBJECT TO CHANGE WITHOUT NOTICE Did you know... March is National Nutrition Month? Check out the Blast Off Game where kids can see if they can "fuel" the rocket ship with enough nutritious choices so it can "Blast off" at [www.mypyramid.gov/kids/](http://www.mypyramid.gov/kids/). Or try a Nutrition "Survivor Food Challenge" and challenge your kids to try a new or unusual fruit or veggie like star fruit, kiwi, or butternut squash.

