

March 2009

ISD #473

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Hot or cold Cereal Nutri-Grain Bar - Juice	3 Yogurt - Peaches Muffin	4 Hot or cold Cereal Donut - Juice	5 French toast/Syrup Sausage - Pears	6 Hot or cold Cereal Pop tart - Orange	7
	Pork Fritter Scalloped Potato Green Beans Bread/Butter Fresh Apple OR Soup & Sandwich Bar w/all the fixings - Fruit	Soft or Hard Taco's w/all the fixings Tater Tots Fresh Orange Pudding OR Pizza Tuesday Vegetable - Fruit	Goulash Green Beans Bread Stick Banana OR Wrap it up Wednesday Toppings & Fruit	Corn Dog Potato Wedges Fresh Veggies & Dip Fresh Orange OR Mashed Potato Bowl Fixings-Bread-Fruit	Early Dismissal 12:00 Bag Lunch Day End of 2nd Semester	
8	9 Hot or cold Cereal English Muffin - Juice	10 Scrambled Egg Bacon-HB-Toast	11 Hot or cold Cereal Nutri-Grain Bar - Juice	12 Yogurt Cinnamon Roll - Juice	13 Waffles/Syrup Pears	14
Daylight Saving Time Begins Don't forget to turn your clocks.	Foot Long / Bun Macaroni & Cheese Buttered Peas Fresh Apple OR Soup & Sandwich Bar w/all the fixings - Fruit	Hamburger / Bun w/all the fixings Potato Wedges Baked Beans Mandarin Oranges OR Pizza Tuesday Vegetable - Fresh Fruit	Burrito Fluffy Rice Corn O' Brien Pineapple Jell-O OR Wrap it up Wednesday Toppings & Fruit	Chicken Noodle Casserole California Blend Veg. Dinner Roll Fruit Salad OR Baked Potato Bar w/ all the fixings-Bread-Fruit	Fish Nuggets Tri-Tater Cole Slaw Peaches OR Salad Bar w/Dinner Roll-Fruit	
15	16 Yogurt Nutri-Grain Bar - Fruit	17 Hot or cold Cereal Donut - Juice	18 Breakfast Bagel Pizza Juice	19 Hot or cold Cereal Coffee Cake - Banana	20 Cheese Omelet Toast - Applesauce	21
	BBQ Riblette Macaroni & Cheese Green Beans Peaches & Pears OR Soup & Sandwich Bar w/all the fixings - Fruit	St. Patty's Day Polish Sausage Cheesy Hashbrowns Broccoli Pears Luck of the Irish dessert OR Pizza Tuesday Vegetable - Fresh Fruit	Chicken Chow Mein Fluffy Rice Broccoli Fortune Cookie Pineapple OR Wrap it up Wednesday Toppings & Fruit	Pork Roast Mashed Potato/Gravv Buttered Peas Dinner Roll Spiced Applesauce OR Mashed Potato Bowl Fixings-Bread-Fruit	Tomato Soup Grilled Cheese Baby Carrots Rosy Pears OR Salad Bar w/Dinner Roll-Fruit	
22	23 Bagel w/crm cheese Apple	24 Yogurt Nutri-Grain Bar - Fruit	25 Hot or cold Cereal Donut - Juice	26 Breakfast Sandwich Juice	27 Hot or cold Cereal Coffee Cake - Banana	28
	Chicken Fajita's w/all the fixings Tater Tots Fresh Orange Pudding OR Soup & Sandwich Bar w/all the fixings - Fruit	BBQ Turkey/Bun French Fries Carrots Fruit Salad OR Pizza Tuesday Vegetable - Fresh Fruit	Baked Ham AuGratin Potato Buttered Peas Bread/Butter Spiced Applesauce OR Wrap it up Wednesday Toppings & Fruit	Italian Pasta Bake Steamed Carrots Garlic Bread Peaches Jell-O OR Baked Potato Bar w/ all the fixings-Bread-Fruit	Fish Burger / Bun Potato Wedges Peas & Carrots Mixed Fruit OR Salad Bar w/Dinner Roll-Fruit	
29	30 Hot or cold Cereal Pop tart - Juice	31 Biscuit & Gravy Hashbrowns				
	Swiss Steak Garden Blend Rice Buttered Carrots Bread/Butter Pears OR Soup & Sandwich Bar w/all the fixings - Fruit	Chicken Burger / Bun w/all the fixings French Fries Peas Fruit Salad OR Pizza Tuesday Vegetable - Fresh Fruit			Milk is offered at every meal. We offer the following: 1%(lowfat), Skim & Chocolate(skim)	