

Menu

3 Entree Grades K-5 March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrient Analysis
<p>1</p> <p>No Classes</p> <p>Pulaski Day</p>	<p>2</p> <p>Chicken Corn Dog Turkey & Cheese Sandwich on a Bun Garden Salad</p> <p>Peas Potato Rounds Diced Apricots</p>	<p>3</p> <p>Spaghetti w/ Turkey Meat Sauce PB & J Wafer Bar Chef Salad</p> <p> Carrot Coins Garlic Bread Comfort Cake Lemon Pound Cake w/ Icing</p>	<p>4</p> <p>Cheeseburger Turkey Bologna Wrap Popcorn Shrimp Salad</p> <p> Cut Green Beans Vegetarian Beans Applesauce</p>	<p>5</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Veggie Sandwich Yogurt & Fruit Salad</p> <p>Corn Raisins Eat.Learn.Live Chocolate Cookie</p>	<p>Calories: 693 Total Fat (g): 19 Saturated Fat (g): 8 Sodium (mg): 1140 Carbohydrates (g): 105 Protein (g): 27 Vitamin A (IU): 2029 Vitamin C (mg): 27 Calcium (mg): 476 Iron (mg): 5</p>
<p>8</p> <p>Tyson Chicken Patty Sandwich Turkey Bologna Sandwich Popcorn Shrimp Salad</p> <p> Shoestring Carrots Rice Vegetarian Beans</p>	<p>9</p> <p>Cheesy Mac w/ Turkey Ham PB & J Wafer Bar Chef Salad</p> <p>Green Beans Tossed Salad Chicken Noodle Soup w/ Crackers</p>	<p>10</p> <p> Sloppy Joe Turkey Salami Wrap Garden Salad</p> <p> Peas Oven Baked French Fries Grandma Maud's Chocolate Chip Cookie</p>	<p>11</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey Ham & Cheese Sandwich Yogurt & Fruit Salad</p> <p> Corn Diced Peaches Crunchy Fruit Crisp </p>	<p>12</p> <p>Fish Patty Sandwich Veggie Sandwich Chef Salad</p> <p> Seasoned Collards Baked Potato Carrot Bread </p>	<p>Calories: 679 Total Fat (g): 19 Saturated Fat (g): 5 Sodium (mg): 1149 Carbohydrates (g): 105 Protein (g): 26 Vitamin A (IU): 2450 Vitamin C (mg): 32 Calcium (mg): 453 Iron (mg): 4</p>
<p>15</p> <p>Beef or Cheese Nachos Turkey Ham Sandwich Garden Salad</p> <p> Crinkle Cut Zucchini Red Beans & Rice Diced Pears</p>	<p>16</p> <p>Rio Grande Rotini Veggie Sandwich Chef Salad</p> <p>Green Beans Cornbread Diced Peaches</p>	<p>17</p> <p>Tyson Chicken Thigh Turkey Salami Wrap Yogurt & Fruit Salad</p> <p> Crinkle Cut Yellow Squash Mashed Sweet Potatoes Eat.Learn.Live Green Sugar Cookie</p>	<p>18</p> <p>Turkey Gyros on Pita PB & J Wafer Bar Sweet & Sour Chicken Salad</p> <p> Carrot Coins White Rice Comfort Cake Lemon Pound Cake w/ Icing Giveaway: Origami Sheet</p>	<p>19</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey & Cheese Sandwich Popcorn Shrimp Salad</p> <p>Peas Applesauce Tossed Salad</p>	<p>Calories: 675 Total Fat (g): 20 Saturated Fat (g): 6 Sodium (mg): 1202 Carbohydrates (g): 99 Protein (g): 26 Vitamin A (IU): 2445 Vitamin C (mg): 27 Calcium (mg): 440 Iron (mg): 4</p>
<p>22</p> <p>Hamburger or Kellogg's Gardenburger Turkey Bologna Sandwich Popcorn Shrimp Salad</p> <p> Cut Corn Vegetarian Beans Oven Baked French Fries</p>	<p>23</p> <p>Turkey Roast w/ Gravy Turkey Salami Wrap Garden Salad</p> <p>Baked Sweet Potato Cheesy Mac Carrot Bread</p>	<p>24</p> <p>Spaghetti w/ Meatballs Veggie Sandwich Chef Salad</p> <p> Mixed Veggies Garlic Bread Grandma Maud's Chocolate Chip Cookie</p>	<p>25</p> <p>Tony's Thin Crust Cheese or Turkey Sausage Pizza Turkey Ham Sandwich Yogurt & Fruit Salad</p> <p>Green Beans Raisins Tomato Soup w/ Crackers</p>	<p>26</p> <p> Cheese Burrito Turkey Sandwich Chef Salad</p> <p> Peas Spanish Rice Diced Apricots</p>	<p>Calories: 668 Total Fat (g): 17 Saturated Fat (g): 6 Sodium (mg): 1150 Carbohydrates (g): 101 Protein (g): 29 Vitamin A (IU): 3785 Vitamin C (mg): 33 Calcium (mg): 495 Iron (mg): 5</p>

Meatless Option, Fresh Fruit Choice, and Milk offered daily. All Balanced Choices Meals Include Milk and choice of fresh fruit. Students must take an entrée, 1 to 3 sides, and may take a milk. Students must take a minimum of 3 or a maximum of 5 food items. 5th item must be a milk. Items marked with indicate frozen, local produce. *Italicized items indicate whole grain item.*

This institution is an equal opportunity provider. Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. Questions? Please contact Bob Bloomer at (773) 722-4964 <http://www.thatcps.com>

