



March 2010 Smart Bites Health and Wellness Elementary Menu



Monday, March 1	Monday, March 2	Monday, March 3	Monday, March 4	Monday, March 5
Entrees Choose One Soft Beef Taco Grilled Chicken Sandwich Choose two: Shredded Lettuce and Chopped Tomatoes California Blend Chilled Pineapple Tangerines With: Mexican Rice Chocolate Frosted Yellow Cake Choice of Milk or Fortified Juice Drink Vegetarian Choice: Hot Pocket	Entrees Choose One Pizza Smokey Beef Rib Sandwich Choose two: Whole Kernel Corn Tossed Salad w Dressing Applesauce Red Grapes With: Banana Pudding Choice of Milk or Fortified Juice Drink GRAB & GO Club Chef Salad Vegetarian Choice: Cheese Pizza	Entrees Choose One Barbeque Chicken w/Cornbread Fish Nuggets with Cornbread Choose two: Baked Beans Creamy Coleslaw Fruit Cocktail Golden Apple With: Cheese Rice Choice of Milk or Fortified Juice Drink Vegetarian Choice: Bean Burrito	Entrees Choose One Breaded Beef Pattie/ Gravy Chicken Pot Pie Choose two: Mashed Potatoes Collard Greens Chilled Peaches Pink Grapefruit With: Whole Grain Roll Choice of Milk or Fortified Juice Drink Vegetarian Choice: Hot Pocket	Entrees Choose One Hamburger Mac & Ch Turkey Ham w/ Whole Grain Roll Choose two: French Fries Lettuce/Tomato Pineapple Tidbits Banana With: Choice of Milk or Fortified Juice Drink Vegetarian Choice: Veggie Burger
Monday, March 8 LUNCH ENTREES: Choose One Breaded Chicken Sandwich Fish Sandwich Choose two: Carrot & Celery Sticks/Ranch Dip Green Beans Fruit Cocktail Fresh Pear With: Macaroni and Cheese Choice of Milk or Fortified Fruit Drink Vegetarian Choice: Hot Pocket	Tuesday, March 9 LUNCH ENTREES: Choose One Quesadillas Con Queso/Salsa Spaghetti & Meat Whole Grain Roll Choose two: Broccoli Florets Mixed Vegetables Tangerine Baked Potato With: Mini Ice Cream Treat Choice of Milk or Fortified Fruit Drink Vegetarian Choice: Cheese Quesadillas	Wednesday, March 10 LUNCH ENTREES: Choose One Chicken Tenders with Whole Grn Roll Hot Dog Choose two: Choose two: Potato Tots Green Peas Creamy Coleslaw Red Apple Choice of Milk or Fortified Fruit Drink GRAB & GO Chicken Strip Chef Salad Vegetarian Choice: Bean Burrito	Thursday, March 11 LUNCH ENTREES: Choose One Breaded Beef Sandwich Barbeque on Bun Choose two: Lima Beans California Blend Cinnamon Apples Banana With: Choice of Milk or Fortified Fruit Drink Vegetarian Choice: Veggie Burger	Friday, March 12 LUNCH ENTREES: Choose One Galaxy Pizza Beef & Bean Burrito Choose two: Whole Kernel Corn Mixed Green Salad Mexican Style Pinto Beans Red Grapes With: Choice of Milk or Frotified Fruit Drink Vegetarian Choice: Cheese Pizza
Monday, March 15 Choose one: Hamburger Mini Corn Dog Choose two: French Fries Lettuce/Tomato Vegetable Soup Fresh Pear With: Brownie Choice of Milk or Fortified Drink Vegetarian Choice: Veggie Burger	Tuesday, March 16 Choose one: Beef & Cheese Nachos Turkey Sandwich Choose two: Shredded Lettuce and Chopped Tomatoes Broccoli Florets Orange Wedges With: Mexican Rice Choice of Milk or Fortified Fruit Drink Vegetarian Choice: Cheese Nachos	Wednesday, March 17 Choose one: Fresh Baked Pizza Grilled Chicken Sandwich Choose two: Succotash Garden Salad Green Beans Tangerine With: Oatmeal Cookie Choice of Milk or Fortified Fruit Drink GRAB & GO Charbroiled Chicken Chef Salad Vegetarian Choice: Cheese Pizza	Ready Set Go Additional information is available @ http://docs.schoolnutrition.org Dr. Joyce R. Wimberly, School Nutrition Director	