



STOP
think about eating a smaller portion

SLOW
balance your meal with green choices

GO
eat all you want!

Lunch Menu

	Monday March 8, 2010 (Meat)	Tuesday March 9, 2010 (Dairy)	Wednesday March 10, 2010 (Dairy)	Thursday March 11, 2010 (Dairy)	Friday March 12, 2010 (Meat)
	<ul style="list-style-type: none"> ● Vegetable Beef Soup 	<ul style="list-style-type: none"> ● Corn Chowder 	<ul style="list-style-type: none"> ● French Onion Soup 	<ul style="list-style-type: none"> ● Vegetarian Hot & Sour Soup 	<ul style="list-style-type: none"> ● Tomato & Rice Soup
	<ul style="list-style-type: none"> ● Salad Bar ● Egg Salad ● Coleslaw ● Fresh Whole & Cut Fruits 	<ul style="list-style-type: none"> ● Salad Bar ● Tuna Salad ● Fresh Salsa & ● Tortilla Chips ● Fresh Whole & Cut Fruits 	<ul style="list-style-type: none"> ● Salad Bar ● Tuna Salad ● Marinated Vegetable Salad ● Fresh Whole & Cut Fruits 	<ul style="list-style-type: none"> ● Salad Bar ● Tuna Salad ● Cucumber Salad ● Fresh Whole & Cut Fruits 	<ul style="list-style-type: none"> ● Salad Bar ● Egg Salad ● Pico De Gallo ● Fresh Whole & Cut Fruits
	<ul style="list-style-type: none"> ● Sliced Deli Meats ● Assorted Breads ● Peanut Butter/Jelly 	<ul style="list-style-type: none"> ● Sliced Cheeses ● Assorted Breads ● Peanut Butter/Jelly 	<ul style="list-style-type: none"> ● Sliced Cheeses ● Assorted Breads ● Peanut Butter/Jelly ● Bagels & ● Cream Cheese 	<ul style="list-style-type: none"> ● Sliced Cheeses ● Assorted Breads ● Peanut Butter/Jelly 	<ul style="list-style-type: none"> ● Sliced Deli Meats ● Assorted Breads ● Peanut Butter/Jelly
	<ul style="list-style-type: none"> ● Oven Roasted Chicken ● Roasted Red Potatoes ● Sautéed Vegetables ● Green Beans ● Baked Squash 	<ul style="list-style-type: none"> ● Cheese Quesadillas ● Whole Wheat Chili Quesadillas ● Refried Beans & Rice ● Roasted Vegetables ● Steamed Peas 	<ul style="list-style-type: none"> ● Three Cheese Lasagna ● Whole Wheat Penné Primavera ● Garlic Bread Sticks ● Italian Herb Vegetables 	<ul style="list-style-type: none"> ● Baked Fish Filet ● Garden Burgers on ● Ciabatta ● Rice Pilaf ● Steamed Carrots 	<ul style="list-style-type: none"> ● Beef or ● Chicken Soft Tacos ● Black Beans & Rice ● Curried Quinoa & Vegetables ● Green Beans ● Mexi Corn
				<ul style="list-style-type: none"> ● Freshly baked Cookies 	
	<ul style="list-style-type: none"> ● 100% Apple & Orange Juice ● Raspberry Lemonade ● Lemonade ● Water 	<ul style="list-style-type: none"> ● Skim Milk ● 2% Reduced Fat Milk ● 100% Apple & Orange Juice ● Lemonade ● Water 	<ul style="list-style-type: none"> ● Skim Milk ● 2% Reduced Fat Milk ● 100% Apple & Orange Juice ● Lemonade ● Water 	<ul style="list-style-type: none"> ● Skim Milk ● 2% Reduced Fat Milk ● 100% Apple & Orange Juice ● Lemonade ● Water 	<ul style="list-style-type: none"> ● 100% Apple & Orange Juice ● Raspberry Lemonade ● Lemonade ● Water
Preschool	<ul style="list-style-type: none"> ● Oven Roasted Chicken ● Roasted Red Potatoes ● Vegetables ● Fruit ● Peanut Butter Sandwiches ● 100% Apple Juice 	<ul style="list-style-type: none"> ● Cheese Quesadillas ● Vegetables ● Fruit ● Peanut Butter Sandwiches ● 2% Reduced Fat Milk 	<ul style="list-style-type: none"> ● Waffles & Scrambled Eggs ● Vegetables ● Fruit ● Peanut Butter Sandwiches ● 2% Reduced Fat Milk 	<ul style="list-style-type: none"> ● Toasted Cheese Bagel ● Vegetables ● Fruit ● Freshly baked Cookies ● Peanut Butter Sandwiches ● 2% Reduced Fat Milk 	<ul style="list-style-type: none"> ● Chicken Soft Tacos ● Vegetables ● Fruit ● Peanut Butter Sandwiches ● 100% Apple Juice