

Menus for March 2007



District, School name, or other information here or delete



AVAILABLE DAILY

- DELI SANDWICHES
- PB & J
- SOUPS
- SALAD BAR
- FRESH FRUIT
- VEGETABLES
- MILK

Featured Specials of

Monday, March 5
Hamburger or cheeseburger
Potato

Tuesday, March 6
Nachos or
Wet Burrito

Wednesday, March 7
Cooks Choice

Thursday, March 8
Pepperoni Pizza or
Cheese Pizza

Friday, March 9
Chicken Nuggets
Macaroni & Cheese

Featured Specials of

Monday, March 12
Cooks Choice

Tuesday, March 13
Nachos or
Chicken Fajitas

Wednesday, March 14
Italian Lunch

Thursday, March 15
Pizza
Pasta Primavera

Friday, March 16
Chicken Tenders
Macaroni & Cheese

FIT FAT

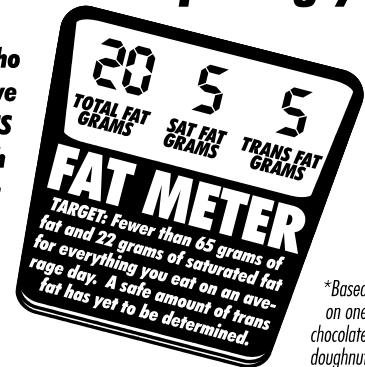
WANNA STAY FIT?

FIGHT THE FAT!

ITEM: Doughnut VERDICT: Dunk Sparingly



TIP: If you're one of those people who thinks doughnuts are a breakfast food, we hate to break it to you, but ... **DOUGHNUTS ARE DESSERT!** There's nothing wrong with that -- dessert is fine in moderation. But for breakfast? Every day? Try getting in a good breakfast first (whole grains, fresh fruit, maybe a little yogurt), and then see if you're still hungry. If so, half a doughnut will almost certainly do.



*Based on one chocolate doughnut



PLEASE SEE RE-
VERSE
SIDE FOR ITEMS



★ OUR NATION'S HISTORY ★

Beginning with a severe famine in the 1840's, millions of Irish people came to America seeking a better life and greater freedom. By the late 1800's, New York had a larger population of people born in Ireland than did Dublin, the Irish capital. Today, more than 30 million Americans claim Irish heritage, more than seven times the entire population of Ireland.



★ WITH LIBERTY & JUSTICE FOR ALL ★

STEVE WAS USUALLY MILD-MANNERED . . . UNLESS HE HEARD SOMEONE DISSING THE SCHOOL CAFETERIA!



Nutrition analysis of this typical School Lunch Combo:

Toasted Bagel
w/ Cream Cheese
Choice of Fruit Yogurt
Fresh Clementine
Lowfat Chocolate Milk

Total calories: 708
Calories from protein: 16%
Cal. from carbohydrates: 69%
Calories from fat: 15%
Goal: 30% or less fat calories

Nyuck, Nyuck, Nyuck!



According to a recent poll, 74% of Americans can identify the Three Stooges, but only 42% could name all three branches of the U.S. government. How about you?

Larry, Curly, Moe.
Executive, Legislative, Judicial.

Featured Specials of

Monday, March 19
Chicken Sandwich
Broccoli & Cheese

Tuesday, March 20
Nachos or Soft Taco
Refried Beans

Wednesday, March 21
Cooks Choice

Thursday, March 22
Pepperoni Pizza or
Cheese Pizza

Friday, March 23
Chicken Nuggets
Macaroni & Cheese

19 BY THE NUMBERS
THE NUMBER OF CATALOGUES,
IN BILLIONS, MAILED BY RETAIL
COMPANIES IN 2005

Featured Specials of

Monday, March 26
Hot Dog
Potato

Tuesday, March 27
Nachos or
Quesadilla

Wednesday, March 28
Cooks Choice

Thursday, March 29
Pepperoni Pizza or
Cheese Pizza

Friday, March 30
Chicken Nuggets
Macaroni & Cheese

MAKE SOME TIME.

All time is not created equal. The few minutes you spend eating a good breakfast pays off all morning in energy and alertness. Plus, eating breakfast can actually help prevent obesity and a host of other health problems.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!