

Monday, March 15

Turkey or Tuna Hoagie on a Roll
Chicken Noodle Soup
Or
Cream of Potato @HS
Crackers,
Raw Vegetables W/Dip
OR
Chicken Caesar Salad Platter
W/Wheat Roll
Fresh Fruit,
Oatmeal Cookie
Milk

BREAKFAST
French Toast Stick
W/Syrup
Sausage Links
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS

Tuesday, March 16

Beef Taco W/
Tortilla Chips
Or
Chicken Fajita W/Wrap
Rice Pilaf, Steamed Corn
OR
Chicken Caesar Salad
Platter W/Wheat Roll
Fresh Fruit or
Chilled Pineapple,
Milk

BREAKFAST
Breakfast Bagel
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS

Wed., March 17

Pizza Bread
Tossed Salad
OR
Chef Salad Platter
W/Wheat Roll
Chilled Peaches or
Fresh Fruit
Jello Gems
Milk

BREAKFAST
Cinnamon Apple Bun
Sunflower Seeds
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS

Thurs., March 18

Act 80 Day
1:00 PM Student Dismissal
Chicken Fillet W/
Barbeque Sauce
On a Roll
Steamed Broccoli W/
Cheese Sauce
OR
Chef Salad Platter
W/Wheat Roll
Rosey Applesauce or
Chilled Juice, Ice Cream
Milk

BREAKFAST
Raspberry Churro
Yogurt
Chilled Juice or
Fresh Fruit, Milk

Friday, March 19

Deluxe Hamburger
On Roll
Potato Wedges
OR
Chef Salad Platter
W/Breadstick
Fresh Fruit or
Chilled Juice
Strawberry Shortcake
W/Whip Topping

BREAKFAST
Hot or Cold Cereal
String Cheese
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS



Monday, March 22

Chicken Parmesan
Spaghetti
Italian Vegetables
OR
Chef Salad Platter
Italian Bread
Chilled Applesauce or
Fresh Fruit, Milk

BREAKFAST
Cereal Bar
String Cheese
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS

Tuesday, March 23

Brunch
Egg, Ham & Cheese on
English Muffin
Smile Fries
OR
Chicken Caesar Salads
Platter W/Wheat Roll
Chilled Juice,
Apple Streusel Cake,
Milk

BREAKFAST
Apple Churro
Yogurt
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS

Wed., March 24

Shrimp Poppers
Pierogies
Tossed Salad
OR
Taco Salad Platter
W/Tortilla Chips
Chilled Pears or
Fresh Fruit, Milk

BREAKFAST
Pizza
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS

Thurs., March 25

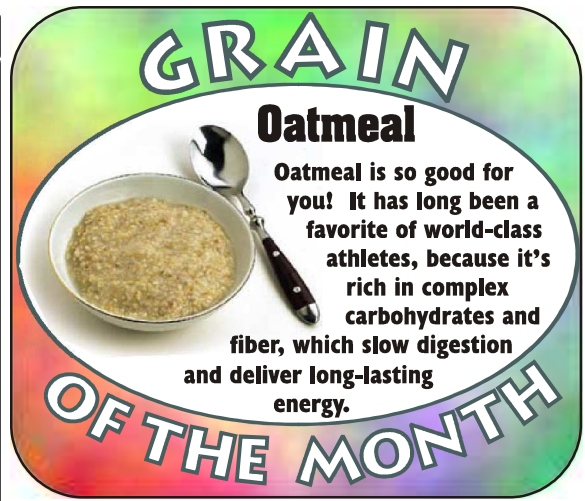
Spring Dinner
Roast Turkey
Cranberry Sauce
Mashed Potatoes,
Gravy, Dressing
OR
Chef Salad Platter
W/Wheat Roll
Fresh Fruit
Yum Yum Cake
Milk

BREAKFAST
Hot or Cold Cereal
Cinnamon Pretzel Stick
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS

Friday, March 26

Tomato Soup W/
Toasted Cheese Sandwich
Or
Chili W/Corn Muffin @HS
Crackers
Baby Carrot Sticks
OR
Chef Salad Platter
W/Pepperoni Cheese
Breadstick
Fresh Fruit, Ice Cream
Milk

BREAKFAST
Bagel
W/Cream Cheese or Jelly
Sunflower Seeds
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS



Monday, March 29

Chicken Rings
Raw Vegetables
W/Dip
OR
Chef Salad Platter
Wheat Roll
Fresh Fruit or
Chilled Pears
Ice Juicee
Milk

BREAKFAST
Hot or Cold Cereal
Fruit Bar
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS

Tuesday, March 30

Macaroni & Cheese
Broccoli Normandy
OR
Chef Salad Platter
Soft Pretzel
Chilled Peaches or
Fresh Fruit, Milk

BREAKFAST
Blueberry Muffin
String Cheese
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS

Wed., March 31

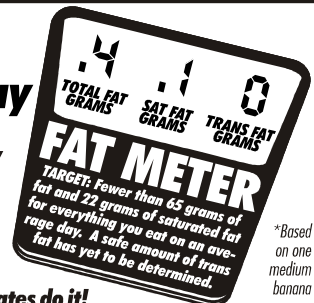
Cheese, Pepperoni or
BBQ Chicken Pizza
Steamed Green Beans
OR
Taco Salad Platter
W/Tortilla Chips
Chilled Pineapple or
Fresh Fruit
Chilled Pudding, Milk

BREAKFAST
Flapstick
Sunflower Seeds
Chilled Juice or
Fresh Fruit, Milk
BREAKFAST BAR @HS



ITEM: Bananas
VERDICT: Peel Away

TIP: Because of their portability and nutritional power, bananas are the #1 fruit choice among the world's leading athletes. Try peeling your bananas from the bottom to avoid having to pick out the little stringy things – that's how other primates do it!



*Based on one medium banana