



Celebrate the 103rd Birthday of Dr. Seuss on March 2nd! List the things you can do on a rainy day in the house!

LUNCH CHOICES #1-Entrée Feature, #2, Healthy Choice, #3: Sandwich Special, #4 Bagel and Cheese

March 2010

Hill Roberts Elementary School

March is National Nutrition Month

School Breakfast
ready SET GO!
 School Breakfast Gets you ready to GO!

LUNCH PRICES:

Student Lunch Price	\$2.00
Student Reduced Lunch	\$.40
Student Milk	\$.50
Soy Milk	\$1.00
Adult Lunch	\$3.00 + tx

P=PORK PRODUCT

H=HEALTHIER CHOICE

V=VEGETARIAN SELECTION

Monday	Tuesday	Wednesday	Thursday	Friday
1: Chicken Nuggets with sweet and sour sauce or BBQ sauce Crinkle Cut Fries 2: Garden Salad	1: Grilled Ham and Cheese Roasted Squash and Zucchini Fresh Orange Smiles 2: Crispy Chicken Salad	1/2 Day Professional Day Breakfast Only	1: Chicken Patty on a Bun Cucumber wheels with lo-fat yogurt dip 2: Chicken Caesar Salad	PIZZA DAY 1: Fresh Whole wheat Pizza Cheese (V) Pepperoni Salad w/Low-Fat Dressing 2: Tuna Salad
Brunch for Lunch! 1: Golden French Toast Sausage Patty(P) With warm Syrup and Apple Sauce 2: Garden Salad	Lucky Tray Day! 1: Chicken Parmesan Sandwich With Rotini Pasta Side Fresh Carrots 2: Crispy Chicken Salad	1: Home-style Mac and Cheese(V) Dinner Roll Fresh Broccoli Bites 2: Chef Salad	1: Cheeseburger on a bun with Crinkle Cut Fries and Fresh Fruit Cup 2: Chicken Caesar Salad	PIZZA DAY 1: Fresh Whole wheat Pizza Cheese (V) Pepperoni 2: Tuna Salad
1: Mozzarella Sticks (V) With Marinara Sauce Dinner Roll Fresh Apple 2: Garden Salad	TACO TIME! 1: Soft Shell Beef Tacos With Shredded Lettuce Cheese, Salsa and Fiesta Corn 2: Crispy Chicken Salad	1: Rainbow Grilled Cheese Sandwich w/ Chicken Soup Peas & Carrots Happy St. Patrick's Day! Green Jell-O with Lunch 2: Chef Salad	1: Meatball Sub With Cheese And Tomato Sauce Mini Tater Tots and Fresh Fruit Cup 2: Chicken Caesar Salad	PIZZA DAY 1: Fresh Whole wheat Pizza Cheese Pizza(V) Pepperoni Salad w/Low-Fat Dressing 2: Tuna Salad
1: Sabrett All Beef Hot Dog with Crinkle Cut Fries And Tossed Salad 2: Garden Salad	Pasta! Pasta! 1: Rotini Pasta With Meat Sauce Sautéed Zucchini Garlic Bread 2: Crispy Chicken Salad	1: Roasted Turkey with Gravy Mashed Potatoes 2: Chef Salad	1: Crispy Waffles With Sausage Links(P) Warm Syrup And Apple Sauce 2: Chicken Caesar Salad	PIZZA DAY 1: Fresh Whole wheat Pizza Cheese Pizza(V) Pepperoni Pizza Salad w/Low-Fat Dressing 2: Tuna Salad
1: Oriental Day Chicken Tenders With Teriyaki Sauce Pineapple Tidbits and rice 2: Garden Salad	1: Grilled Cheese Sandwich on whole wheat bread(V) Mini Tater Tots 2: Crispy Chicken Salad	1: Steak and Cheese Sub Onion Rings Fresh Carrots/Celery with Ranch Dip 2: Chef Salad	International Waffle Day! 2: Chicken Caesar Salad	PIZZA DAY 2: Tuna Salad

\$1.25 BREAKFAST DAILY
 \$.30 Reduced Price Breakfast
 8:25 to 8:55am in the Cafeteria.

BREAKFAST CHOICES

MONDAY:
Cereal or Bagel
 With Cream Cheese, Fruit, and Milk
100% Fruit Juice

TUESDAY:
 Country Pancakes
 With Syrup, Fruit, and Milk
100% Fruit Juice

WEDNESDAY:
 Scrambled Eggs
 With sausage Fruit, and Milk
100% Fruit Juice

THURSDAY:
 Hot Oatmeal
 With Apples, Fruit, and Milk,
100% Fruit Juice

FRIDAY:
 Sausage and Cheese Biscuit
 With Fruit, and Milk

DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!

Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!

We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.

All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!

Vegetables are always fresh and crisp!

Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

3: Deluxe Alternates

Monday: Italian Grinder
Tuesday: Meatball Sub
Wednesday: Grilled Cheese
Thursday: BBQ Chicken
Friday: Turkey & Cheese sandwich

4: Bagel
 with a cheese Stick, Fruit, and Milk

Jillian's Very Veggie Spring

ALL STUDENT LUNCHES INCLUDE

- Choice of:
- 1% White, 1% Chocolate,
 - 1% Strawberry or Fat Free Milk
- Choice of:
- Entrée, Salad or Vegetable, Fresh Fruit, Cupped Fruit or 100% Fruit Juice



QUESTIONS OR COMMENTS

About the Food Service Program? Please call the Food Service Director at **508-222-5150 x267**

*If you have a food allergy, please speak to the owner, manager, chef or your server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available.