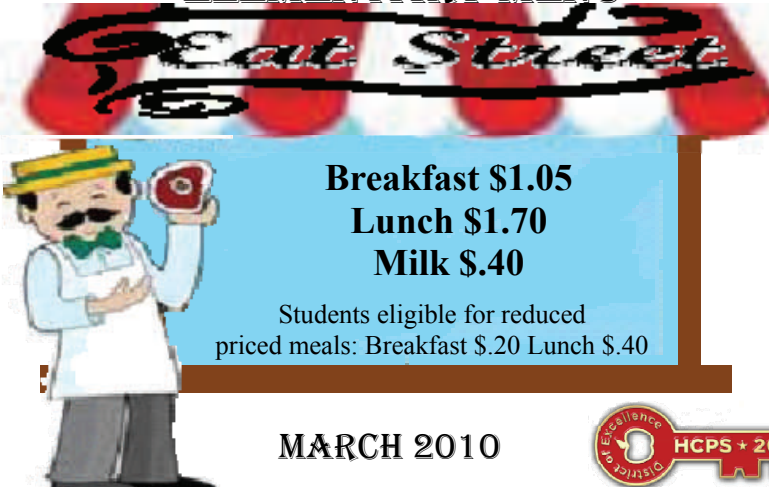


ELEMENTARY MENU

National Nutrition Month® March 2010



Breakfast \$1.05
Lunch \$1.70
Milk \$.40

Students eligible for reduced priced meals: Breakfast \$.20 Lunch \$.40

MARCH 2010



Monday, March 1	Tuesday, March 2	Wed., March 3	Thursday, March 4	Friday, March 5
<p>BREAKFAST French Toast Sticks</p> <p>LUNCH</p> <p>ENTREES - Choose 1 Stuffed Crust Dippers w/ Marinara Sauce Philly Cheese Steak Sub Tuscan Deli Wrap</p> <p>SIDES - Choose Up To 3 Sweet Corn Niblets Tossed Salad/Dressing Applesauce Fresh Fruit</p> <p>Chilled Milk</p>	<p>BREAKFAST Pancake 'n Sausage on a Stick</p> <p>LUNCH</p> <p>ENTREES - Choose 1 Chicken Nuggets w/ Pretzel Rod Macaroni & Cheese Ham & Cheese Club</p> <p>SIDES - Choose Up To 3 Green Beans Tossed Salad/Dressing Diced Pears Fresh Fruit</p> <p>Chilled Milk</p>	<p>BREAKFAST Breakfast Pizza</p> <p>LUNCH</p> <p>ENTREES - Choose 1 Hamburger/Cheeseburger Hot Dog on Roll Buffalo Chicken Wrap</p> <p>SIDES - Choose Up To 3 Smiley Face Potatoes Tossed Salad/Dressing Mandarin Oranges Fresh Fruit</p> <p>Chilled Milk</p>	<p>BREAKFAST Grilled Cheese</p> <p>LUNCH</p> <p>ENTREES - Choose 1 Nacho Grande w/ Salsa & Sour Cream Pepperoni Pizzas Vegetarian Sub</p> <p>SIDES - Choose Up To 3 Baby Carrots w/Dip Tossed Salad/Dressing Cherry Sorbet Fresh Fruit</p> <p>Chilled Milk</p>	<p>BREAKFAST Hot Breakfast Sandwich</p> <p>LUNCH</p> <p>ENTREES - Choose 1 Star & Fish Shaped Fish Chicken Tenders Turkey Sandwich on Wheat</p> <p>SIDES - Choose Up To 3 Green Beans Tossed Salad/Dressing Chilled Peaches Fresh Fruit</p> <p>Chilled Milk</p>
Monday, March 8	Tuesday, March 9	Wed., March 10	Thursday, March 11	Friday, March 12
<p>BREAKFAST French Toast Sticks</p> <p>LUNCH</p> <p>ENTREES - Choose 1 Meatball Sub Chicken Poppers Tuscan Deli Wrap</p> <p>SIDES - Choose Up To 3 Sweet Corn Niblets Tossed Salad/Dressing Applesauce Fresh Fruit</p> <p>Chilled Milk</p>	<p>BREAKFAST Pancake 'n Sausage on a Stick</p> <p>LUNCH</p> <p>ENTREES - Choose 1 Chicken Nuggets w/ Pretzel Rod Sloppy Joe on Roll Triple Decker Club</p> <p>SIDES - Choose Up To 3 Steamed Broccoli Tossed Salad/Dressing Sliced Peaches Fresh Fruit</p> <p>Chilled Milk</p>	<p>BREAKFAST Breakfast Pizza</p> <p>LUNCH</p> <p>ENTREES - Choose 1 Chicken n' Dumplings Pepperoni/Cheese Pizza Italian Sub</p> <p>SIDES - Choose Up To 3 Green Beans Tossed Salad/Dressing Mandarin Oranges Fresh Fruit</p> <p>Chilled Milk</p>	<p>BREAKFAST Waffles w/ Syrup</p> <p>LUNCH</p> <p>ENTREES - Choose 1 Nacho Grande w/ Salsa & Sour Cream Pepperoni Pizzas Chicken Salad on Wheat</p> <p>SIDES - Choose Up To 3 Baby Carrots w/Dip Tossed Salad/Dressing Mixed Fruit Fresh Fruit</p> <p>Chilled Milk</p>	<p>BREAKFAST Hot Breakfast Sandwich</p> <p>LUNCH</p> <p>ENTREES - Choose 1 Shrimp Poppers w/ Sunflower Seeds Hamburger/Cheeseburger Tuna Wrap</p> <p>SIDES - Choose Up To 3 Smiley Face Potatoes Tossed Salad/Dressing Blueberries Fresh Fruit</p> <p>Chilled Milk</p>

Offered Daily

BREAKFAST
 Featured Entrée of the Day
 Choice of Cereal/Toast
 Fresh Fruit & Juices
 Chilled Milk



School Breakfast Facts

Children that eat breakfast on a regular basis are *less likely* to be **over-weight**. School breakfast provides $\frac{1}{4}$ of the recommended amounts of protein, calcium, iron, vitamin A, and vitamin C for the day. Eating breakfast can *improve* math, reading, and standardized **tests scores**. School breakfast is affordable! If you qualify for free meals you automatically qualify for free breakfast. Reduced Price: \$.20 Paid: \$1.05

Ready SET GO! Celebrate National School Breakfast Week on March 8-12, 2010

Monday, March 15

BREAKFAST
French Toast Sticks

LUNCH

ENTREES - Choose 1
Hamburger/Cheeseburger
Chicken Nuggets w/
Pretzel Rod
Tuscan Deli Wrap

SIDES - Choose Up To 3
Mixed Vegetables
Tossed Salad/Dressing
Applesauce
Fresh Fruit

Chilled Milk

Tuesday, March 16

BREAKFAST
Pancake 'n Sausage on a Stick

LUNCH

ENTREES - Choose 1
Grilled Ham & Cheese
Chicken Poppers
Chicken Salad on Kaiser

SIDES - Choose Up To 3
Homemade Veggie Soup
Tossed Salad/Dressing
Diced Pears
Fresh Fruit

Chilled Milk

Wed., March 17

BREAKFAST
Breakfast Pizza

LUNCH

ENTREES - Choose 1
Leprechaun Dippers w/
Marinara Sauce
Lucky Clover Corn Dog
Irish Ham Club

SIDES - Choose Up To 3
Green Beans
Fossed Salad/Dressing
Shamrock Gelatin
Fresh Fruit
Chilled Milk

St. Patrick's Day Sticker & Sun Chips

Thursday, March 18

BREAKFAST
Waffles w/ Syrup

LUNCH

ENTREES - Choose 1
Nacho Grande w/
Salsa & Sour Cream
Chicken Tenders
Turkey Sub

SIDES - Choose Up To 3
Baby Carrots w/Dip
Tossed Salad/Dressing
Mandarin Oranges
Fresh Fruit

Chilled Milk

Friday, March 19

BREAKFAST
Hot Breakfast Sandwich

LUNCH

ENTREES - Choose 1
Pepperoni/Cheese Pizza
Chickwich
PB&J Uncrustable w/
Sunflower Seeds

SIDES - Choose Up To 3
Corn Niblets
Cherry Sorbet
Tossed Salad/Dressing
Fresh Fruit

Chilled Milk
Early Dismissal

Monday, March 22

BREAKFAST
French Toast Sticks

LUNCH

ENTREES - Choose 1
Mozzarella Sticks w/
Marinara Sauce
Corn Dog Nuggets
Italian Sub

SIDES - Choose Up To 3
Green Beans
Tossed Salad/Dressing
Diced Pears
Fresh Fruit

Chilled Milk

Tuesday, March 23

BREAKFAST
Pancake 'n Sausage on a Stick

LUNCH

ENTREES - Choose 1
Chicken Nuggets w/
Pretzel Rod
Grilled Ham & Cheese
Chicken Salad on Wheat

SIDES - Choose Up To 3
Homemade Tomato Soup
Tossed Salad/Dressing
Mixed Fruit
Fresh Fruit

Chilled Milk

Wed., March 24

BREAKFAST
Breakfast Pizza

LUNCH

Breakfast For LUNCH

ENTREES - Choose 1
Egg & Cheese on Biscuit
French Toast Sticks
PB&J Uncrustable

SIDES - Choose Up To 3
Hash Brown Potato
Tossed Salad/Dressing
Applesauce
Fresh Fruit

Chilled Milk
Yogurt Stick For All

Thursday, March 25

BREAKFAST
Waffles w/ Syrup

LUNCH

ENTREES - Choose 1
Nacho Grande w/
Salsa & Sour Cream
Pepperoni Pizzas
Turkey Sub

SIDES - Choose Up To 3
Baby Carrots w/Dip
Tossed Salad/Dressing
Cherry Sorbet
Fresh Fruit

Chilled Milk

Friday, March 26

BREAKFAST
Variety Breakfast

LUNCH

ENTREES - Choose 1
Macaroni & Cheese
Shrimp Poppers w/
Sunflower Seeds
Chilled Pita Pizza

SIDES - Choose Up To 3
Corn Niblets
Tossed Salad/Dressing
Apple Crisp
Fresh Fruit

Chilled Milk

Monday, March 29

BREAKFAST
French Toast Sticks

LUNCH

ENTREES - Choose 1
Stuffed Shells w/
Bread Stick
Chickwich on Roll
Ham & Cheese Wrap

SIDES - Choose Up To 3
Corn Niblets
Tossed Salad/Dressing
Applesauce
Fresh Fruit

Chilled Milk

Tuesday, March 30

BREAKFAST
Pancake 'n Sausage on a Stick

LUNCH

ENTREES - Choose 1
Chicken Nuggets w/
Pretzel Rod
BBQ Ribbette on Roll
Bologna & Cheese on
Wheat

SIDES - Choose Up To 3
Potatoes Au Gratin
Tossed Salad/Dressing
Mandarin Oranges
Fresh Fruit
Chilled Milk

Wed., March 31

BREAKFAST
Breakfast Pizza

LUNCH

ENTREES - Choose 1
Nacho Grande w/
Salsa & Sour Cream
Chicken Poppers
Turkey Sub

SIDES - Choose Up To 3
Baby Carrots w/Dip
Tossed Salad/Dressing
Sliced Peaches
Fresh Fruit

Chilled Milk

GOOD FOR YOU SIDES

1 Cookie	\$.25
Milk 1/2 pint	.40
Sunflower Seeds	.50
Soft Pretzel	.50
String Cheese	.50
Side Fresh Fruit	.50
Side Vegetable	.50
Fruit Snacks	.75
Yogurt 4 oz	.75
Yogurt 8 oz	1.00
Canned Juice 8 oz	1.00
Light Entrée	2.50



HCPS is proud to present our new lineup of 8 oz. single serve plastic milk bottles. Late last month we rolled out "The New Look of School Milk". This was in response to research, which found that 51 percent of school children said they would choose milk over other beverage options when presented in a plastic bottle.

- ...in flavors that kids love:
- ✓ 2% milk
 - ✓ 1% strawberry milk
 - ✓ fat free chocolate milk

