

SAS March 2010 menu

Monday 01	Tuesday 02	Wednesday 03	Thursday 04	Friday 05
Breakfast: Banana muffin, pears P.M. Snack: Veggie egg roll, orange slices	Breakfast: English muffin, orange slices P.M. Snack: Mozzarella sticks, marinara sauce	Breakfast: Pancake w/syrup, applesauce P.M. Snack: Yogurt, strawberries	Breakfast: Cold cereal, banana P.M. Snack: Monkey bread, apple <hr/> Cold cereal-Rice Krispies, Fruit Loops, Monkey bread-canned biscuits, cinnamon, brown sugar, butter	Breakfast: Bagel w/jam, mixed fruit P.M. Snack: Potato bar w/ cheese
Monday 08	Tuesday 09	Wednesday 10	Thursday 11	Friday 12
Breakfast: Cinnamon apple muffins, peaches P.M. Snack: Nacho chips and cheese	Breakfast: Toast, mandarin oranges P.M. Snack: Relish tray w/olives, cheese, cucumbers, sliced baget bread	Breakfast: Biscuit, jam, grapes P.M. Snack: Mini pizza <hr/> Mini pizza-bagel, pizza sauce, pepperoni, mozzarella cheese	Breakfast: Granola bar, strawberries P.M. Snack: Snicker doodle cookie, grapes	Breakfast: Cinnamon toast, Fruit cocktail Lunch: Pork roast, Cole slaw, applesauce, roll P.M. Snack: Salad bar, breadsticks <hr/> Salad bar-lettuce, tomato, radish, cucumbers
Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
Breakfast: Apple Danish, pineapple Lunch: Chicken noodle soup, carrot sticks, pears, crackers P.M. Snack: Tuna salad on Wheat crackers <hr/> Chicken noodle soup-chicken, noodles, broth, season, carrot, celery Tuna Salad-tuna, celery, onion, dressing, seasoning	Breakfast: English muffins, grapes Lunch: Ham Salad on wheat, cucumber slices, apple P.M. Snack: Assorted cheese, wheat crackers <hr/> Assorted cheese-Mozzarella, cheddar, American Ham salad-ground ham, relish, celery, dressing, season	Breakfast: Bagel w/cream cheese, orange slices Lunch: Cheese pizza, tossed salad, cantaloupe P.M. Snack: Lemon bars, milk <hr/> Pizza- mozzarella, sauce, on French bread Lemon bars-Lemon filling, cookie base, whip topping	Breakfast: Crispix, banana Lunch: Beef stew, biscuit, grapes P.M. Snack: Tortilla Chips and salsa <hr/> Beef stew-beef, potatoes, carrots, celery,	Breakfast: Waffles w/jam, peaches Lunch: Fajita Chicken wrap, tator tots, melon slices P.M. Snack: Veggie tray, ranch dip, goldfish crackers <hr/> Chicken wrap-chicken, season, lettuce, tomato, Veggie tray-carrots, celery, green pepper
Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
Breakfast: Blueberry muffin, Applesauce Lunch: Chili, crackers, mixed fruit P.M. Snack: Trail Mix, grapes <hr/> Trail mix-pretzels, Chex, dried fruit, Chile-beef, tomato, beans, seasoning	Breakfast: granola fruit bar, pineapple Lunch: Mexican Chicken, rice, corn, mandarin oranges P.M. Snack: boiled egg, wheat cracker	Breakfast: Cinnamon biscuits, cantaloupe Lunch: Corn dogs, corn on the cob, Fresh pears P.M. Snack: Sandwich bar w/cold cuts, cheese on a bun	Breakfast: Oatmeal, strawberries Lunch: Spaghetti w/meat sauce, mixed veggies, peaches, garlic bread P.M. Snack: Chicken crispitos, salsa <hr/> Spaghetti sauce-beef, tomato sauce, seasons	Breakfast: English muffin, jam, orange slices Lunch: BBQ beef on bun, Fritos, baked beans, nectarine P.M. Snack: Cherry Cobbler <hr/> Cherry cobbler-cherry filling, biscuit topping,
Monday 29	Tuesday 30	Wednesday 31	Thursday	Friday
Breakfast: Cherry chip muffin, pineapple Lunch: Cheeseburger on bun, French fries, cantaloupe P.M. Snack: Stuffed celery <hr/> Stuffed celery-celery, cream cheese, fruit, cheese	Breakfast: Toast, jam, apple slices Lunch: Beef vegetable soup, corn bread, grapes P.M. Snack: Cheese quesadilla, salsa <hr/> Beef vegetable soup-beef, broth, corn, carrots, peas, green bean, potatoes Cheese quesadilla-tortilla, mozzarella, cheddar, seasons	Breakfast: French toast sticks, orange slices Lunch: Calzones, toss salad, apple P.M. Snack: Mix fruit salad, granola bar <hr/> Calzone-cheese, pizza sauce in pizza dough Mixed fruit salad-mandarin oranges, pineapple, mix fruit, whip topping		Milk served with breakfast and lunch.