

KINGWOOD TOWNSHIP SCHOOL



MARCH MENU 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>Breaded Chicken Patty On Bun Rice Green Beans Applesauce Milk</i>	2 ***** <i>Hot Dog on Bun Cheese Fries Peaches Milk Choice</i> *****	3 <i>Pasta w/ Meat Sauce Garlic Bread Green Beans Peas Milk Choice</i>	4 <i>Waffles Turkey Sausage Link 100% Juice Jell-o Chilled Fruit Milk Choice</i>	5 <i>Cheese Pizza Tossed Salad Dressing Choice Raisins Milk</i>
Batting For Books-Reading For Runs!				
8 <i>Hamburger or Cheeseburger On Bun Oven Fries Carrots Chilled Fruit</i>	9 <i>LUCKY PLATE Egg & Cheese On English Muffin Ham Slice Hash Brown Oranges</i>	10 <i>Chicken Nuggets Wheat Dinner Roll Tater Tots Peas Diced Peaches</i>	11 <i>Nachos w/Beef, Cheese Rice, Salsa Lettuce & Corn Pineapple, Milk Choice</i>	12 NO SCHOOL
15 <i>Grilled Cheese Sand. Soup Dinner Roll Mixed Green Salad Cinnamon Apples Milk</i>	16 <i>Pasta w/ Meat Sauce Garlic Bread Tossed Salad Pears Milk Choice</i>	17 <i>Mozzarella Sticks Marinara Green Beans Pudding Mixed Fruit Cup Milk</i>	18 <i>Chicken Tenders Dinner Roll Mashed Potatoes Corn Applesauce Milk</i>	19 <i>Domino's Pizza Mixed Green Salad Assorted Fruit Juice Milk Choice</i>
22 <i>Celebrate Spring Pancakes Sausage Patty Blueberries Milk Choice</i>	23 <i>Nachos w/Beef, Cheese Rice, Salsa Lettuce & Corn Pineapple, Milk Choice</i>	24 <i>Popcorn Chicken Buttered Noodles Broccoli Asst. Fruit Milk</i>	25 <i>Hamburger or Cheeseburger On Bun Oven Fries Green Beans Chilled Fruit Milk</i>	26 <i>Stuffed Crust Pizza Garden Salad Pudding Mixed Fruit Milk</i>
29 <i>Fajita Chicken Peppers & Onion Rice Pinto Beans Pears Milk</i>	30 <i>Pizza Sticks Marinara Mixed Green Salad Applesauce Milk Choice</i>	31 <i>French Toast Sausage patty Juice Asst. fruit Milk</i>	Extra Bread Available Daily 	FRUIT AND VEGETABLE OF THE MONTH <i>Raisins & Mixed Greens</i>

Student Lunch \$2.50
Adult Lunch \$3.00

"SIDEKICKS"

Milk \$.60
Fruit \$.50
Baked Chips \$.60
Otis Cookie \$.25
Hot Pretzel \$.50
Spring Water \$1.00
Flavored Water \$1.00
Fruit Juice \$.75/\$1.00
Ice Cream \$.50/\$.75

MAC CHICKEN WRAP

Veggie Sticks Or
Fruit
Low Fat Milk

Bagel Bag Lunch

Bagel
Cheese Sticks
Fruit
Veggie Sticks
Low Fat Milk

Peanut Butter & Jelly on Wheat Bread
Or

SALAD BAR

Mixed Salad Platter w/proteins, Or
Whole Grain Bread, Fruit, Milk



Monday: Tuna Wrap
Tuesday: Italian Sub
Wed: Egg Salad Sand.
Thurs: Ham & Cheese Sand.
Fri: Tuna on Wheat Bread



Choice of flavored or unflavored, low fat milk with all meals.



Can We Help? Call Maschio's Food Services

BEST BUY *Complete Lunch...Only \$2.50
Includes Vegetable, Fruit or Juice and Milk
Lunch Tickets Available In The Cafeteria
10 Meals \$25.00
20 Meals \$50.00

"Our lunch menus meet or exceed USDA guidelines for child nutrition lunch programs."

Available Daily