

March 2012 Elementary Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Weekly Breakfast Options				
Cereal w/Yogurt or Mini Pancakes w/Sausage P	Cereal w/ Toast or Breakfast Sandwich	Cereal w/Toast or Breakfast Burrito	Cereal w/Toast or Breakfast Bagel	Cereal w/Yogurt or Mini Pancakes w/Sausage P
February 27 Entrée Salad V Dinner Roll Cheeseburger/Hamburger Oven Fries Cold Cut Combo	28 Bean & Cheese Burrito V Q Spanish Rice Corn Dog Turkey & Cheese Sandwich Cookie	29 Entrée Salad V Dinner Roll Mac and Cheese V Green Peas Muffin Ham & Cheese Wrap	March 1 Turkey & Gravy Mashed Potatoes Dinner Roll Galaxy Pizza V "Back Pack Lunch" (Yogurt, Seeds, & Muffin) V	2 Entrée Salad Dinner Roll French Toast V w/Sausage Hot Cinnamon Apples Chicken or Cheese Quesadilla V
5 Entrée Salad V Dinner Roll Turkey Hot Dog w/Chili Roast Potato Wedges Turkey & Cheese Sandwich	6 Enchilada Casserole Pintos and Cheese Stuffed Bread Sticks w/ Marinara Sauce V "Back Pack Lunch" (Yogurt, Seeds, & Muffin) V Brownie	7 Entrée Salad V Dinner Roll Spaghetti V w/Meat Balls Green Beans Hot Ham & Cheese on a Bun	8 Chicken Nuggets Baked Beans Dinner Roll Crispy Chicken Wrap Sun Butter & Jelly Sandwich w/Cheese Stick V	9 Entrée Salad V Dinner Roll Cheese V or Pepperoni Pizza Broccoli Cold Cut Combo
12 Entrée Salad V Dinner Roll Chicken Sandwich Roast Potato Wedges Cold Cut Combo	13 Bean & Cheese Burrito V Q Spanish Rice Corn Dog Turkey & Cheese Sandwich Cookie	14 Colorado Proud Day! Entrée Salad V Dinner Roll BBQ Beef on a Bun Ravioli, Beef or Cheese V	15 Teriyaki Chicken Oven Fried Rice Steamed Oriental Vegetables Galaxy Pizza Sun Butter & Jelly Sandwich w/Cheese Stick V	16 Entrée Salad V BBQ Pulled Pork on a Bun P Country Style Steak Strips w/Mashed Potatoes & Gravy
19 Entrée Salad V Dinner Roll Cheeseburger/Hamburger Oven Fries Cold Cut Combo	20 Ravioli, Beef or Cheese V Dinner Roll Beefy Nachos Pintos and Cheese Turkey & Cheese Sandwich Sherbet	21 Entrée Salad V Dinner Roll Citrus Crusted Fish Fillet Dinner Roll Hot Dog on a Bun Baked Beans	22 Crispy Breaded Chicken California Blend Dinner Roll Sloppy Joe on a Bun "Back Pack Lunch" (Yogurt, Seeds, & Muffin) V	23 Entrée Salad V Dinner Roll Cheese V or Pepperoni Pizza Green Beans Sun Butter & Jelly Sandwich w/Cheese Stick V
March 26—March 30 SPRING BREAK				
Daily Side Choices				
Side Salad Fresh Relishes #1 - Carrot & Celery Sticks Apple, Oranges, Kiwi, or Frozen Strawberries	Side Salad Fresh Relishes #2 - Carrot, Cauliflower, & Broccoli Apple, Oranges, Grapes, or Canned Pears	Side Salad Fresh Relishes #3 - Broccoli, Cucumber, & Tomato Wedge Apple, Oranges, Fresh Pear, or Mixed Fruit	Side Salad Fresh Relishes #1 - Carrot & Celery Sticks Apple, Oranges, Kiwi, or Pineapple Tidbits	Side Salad Fresh Relishes #2 - Carrot, Cauliflower, & Broccoli Apple, Oranges, Grapes or Peaches
<p>Students select one entrée, a variety of sides and milk. Entrée Salad Choices include: Chef, SW Chicken, Mandarin Chicken or Vegetarian. Vegetarian Entrée = V, Items that Contain Pork = P, Quick Scratch = Q, **Menus are subject to change due to price and product availability. We can not guarantee all menu choices will be available for all students</p>				




When a snack attack strikes, refuel with these nutrition-packed snacks:

1. Peel a banana and dip it in yogurt. Roll in crushed cereal and freeze.
2. Mix together ready-to-eat cereal, dried fruits and nuts in a sandwich bag for an on-the-go snack.
3. Make snack kabobs. Put cubes of low-fat cheese and grapes on pretzel sticks
4. Mix together peanut butter and cornflakes. Shape into balls and roll in crushed graham crackers.
5. Fill a waffle cone with cut-up fruit and top with low-fat vanilla yogurt.



BREAKFAST

1 items on the menu
include juice or fruit and milk.
A breakfast option of cereal, juice or fruit offered daily.
Check with your school for breakfast availability.



STUDENT MEAL PRICING

BREAKFAST
Full Price Elementary \$1.50
Reduced K-6, at No Charge

LUNCH
Full Price \$2.50
Reduced Price for Grades K-2, No Charge
Reduced Price for Grades 3-6 \$4.00
Milk Only \$.50

MILK

Milk is offered with every meal.



Milk Choices include
1% unflavored, skim chocolate and unflavored skim.

Payment

MealPay
Manage your child's school lunch account
Prepay by Internet by logging on to
www.mypaymentsplus.com

