

HEMPSTEAD FOOD SERVICE
ELEMENTARY LUNCH MENU
MARCH 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CHICKEN RINGS DINNER ROLL TATER TOTS CHILLED PEARS LOW FAT MILK CHOICE	2 JAMAICAN BEEF PATTY GREEN BEANS PINEAPPLE TIDBITS LOW FAT MILK CHOICE	3 CHICKEN PATTY ON A SOFT BUN HONEY GLAZED CARROTS APPLESAUCE LOW FAT MILK CHOICE	4 SALISBURY STEAK DINNER ROLL MASHED POTATOES CHILLED PEACHES LOW FAT MILK CHOICE	5 PEPPERONI PERSONAL PIZZA TOSSED SALAD CHILLED FRUIT LOW FAT MILK CHOICE
8 OVEN BAKED CHICKEN NUGGETS DINNER ROLL OVEN FRIES FRUIT COCKTAIL LOW FAT MILK CHOICE	9 BRUNCH FOR LUNCH FRENCH TOAST STICKS SAUSAGE PATTY HASH BROWNS CHILLED FRUIT LOW FAT MILK CHOICE	10 NEW ORLEANS CHICKEN BROWN RICE W/VEGETABLES PINEAPPLE TIDBITS LOW FAT MILK CHOICE	11 HAMBURGER ON A BUN STRING BEANS PEAR SLICES LOW FAT MILK CHOICE	12 PEPPERONI PERSONAL PIZZA TOSSED SALAD APPLESAUCE LOW FAT MILK CHOICE
15 OVEN BAKED POPCORN CHICKEN FLAVORED NOODLES TATER TOTS CHILLED PEARS LOW FAT MILK CHOICE	16 WHOLE GRAIN FISH STICKS CARROT STICKS PINEAPPLE TIDBITS LOW FAT MILK CHOICE	17 OVEN BAKED CHICKEN CUTLETS DINNER ROLL FIELD OF GREENS FRESH APPLE LOW FAT MILK CHOICE	18 SLOPPY JOE ON A BUN TOSSED GREENS FRUIT COCKTAIL LOW FAT MILK CHOICE	19 PEPPERONI PERSONAL PIZZA TOSSED SALAD CHILLED PEACHES LOW FAT MILK CHOICE
22 CHICKEN TENDERS DINNER ROLL SWEET PEAS & CARROTS CHILLED FRUIT LOW FAT MILK CHOICE	23 BRUNCH FOR LUNCH FRENCH TOAST STICKS SAUSAGE PATTY HASH BROWNS APPLESAUCE LOW FAT MILK CHOICE	24 BEEF TACO W/LETTUCE, SALSA & CHEESE FIESTA RICE ORANGE LOW FAT MILK CHOICE	25 SPAGHETTI WITH MEAT SAUCE GREEN BEANS CHILLED PEACHES LOW FAT MILK CHOICE	26 PEPPERONI PERSONAL PIZZA TOSSED SALAD FRUIT COCKTAIL LOW FAT MILK CHOICE
29 OVEN BAKED CHICKEN NUGGETS SEASONED RICE POTATO WEDGES FRUIT COCKTAIL LOW FAT MILK CHOICE	30 <u>SCHOOLS CLOSED</u>	31 	AVAILABLE DAILY AS A FRUIT CHOICE ALTERNATIVE: 4oz APPLE JUICE, OR 4oz. ORANGE JUICE	<u>MILK CHOICES AVAILABLE DAILY</u> WHITE CHOICES – SKIM - 1% - LOW FAT CHOCOLATE \$.50 A LA CARTE MILK

<u>MONDAY ENTRÉE ALTERNATES</u>	<u>TUESDAY ENTRÉE ALTERNATES</u>	<u>WEDNESDAY ENTRÉE ALTERNATES</u>	<u>THURSDAY ENTRÉE ALTERNATES</u>	<u>FRIDAY ENTRÉE ALTERNATES</u>
CHEESE ON A BAGEL	HAM & CHEESE SANDWICH	TURKEY & CHEESE SANDWICH	BOLOGNA SANDWICH	TUNA SALAD SANDWICH
W/ VEG. & FRUIT OF THE DAY & MILK CHOICE	W/ VEG. & FRUIT OF THE DAY & MILK CHOICE	W/ VEG. & FRUIT OF THE DAY & MILK CHOICE	W/ VEG. & FRUIT OF THE DAY & MILK CHOICE	W/ VEG. & FRUIT OF THE DAY & MILK CHOICE

ELEMENTARY LUNCH PRICES:
\$0.25 Reduced Price
\$1.35 Full Price

****Menu Subject to Change****