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Lunch Menu March, 2010

nha@nsfm.com

Paid Lunch	\$ 1.70
Super Lunch - 'Extra Entrée'	1.00
Reduced Lunch	.40
Milk	.35
Ice Cream	.50
Snacks & Pretzels	.50
100% Fruit Juice	.40
Cookies	\$.35 or 3/\$1.00
French Fries..... UES Only	\$.75

A Meal Consists of:
1 Serving of Protein
Meat or Meat Alternate
1 Serving of Grain
Breads, Rolls, Crackers,
Taco Shells, Breaded Entrée
1 Serving of Vegetable = 1/2 Cup
Fresh or Cupped
1 Serving of Fruit = 1/2 Cup
Fresh, Cupped, Dried
or 100% Juice
1 Serving of Dairy
8 oz of Milk Choice



Lunch Selections Available Daily
***Choice of One of Four Entrees**
***Choice of Up to Three of any:**
Fresh Fruit, Chilled Fruit,
100 % Fruit Juice
and / or Vegetable
***Assorted Crackers available daily**
***Assorted Fruit Basket available daily**
***Choice of Assorted Milk**
Five Components are offered
Three Components must be chosen
to qualify as a meal.

National Nutritional Month

National School Breakfast Week
Please look for a notice from your school
We will serve each student a
Free Breakfast This Month

2nd - Dr. Seuss' Birthday
4th - Chicken Cacciatore
16th - March Madness Raffle
18th - Vegetable Lasagna



Parents: Please consider paying for multiple meals with one payment.
Pay for 20 meals and get the 21st meal free!
Make checks payable to NHTBOE - Cafeteria Account
21 Serving Days in March
Please include additional funds for snacks if allowed
HAVE YOU REGISTERED FOR LUNCHBOX YET?
Menus Subject to Change without notice.



Monday	Tuesday	Wednesday	Thursday	Friday
1 1) Toasted Cheese on White Wheat Bread 2) Cheese Burger on Whole Wheat Bun 3) American Hoagie on Torpedo Roll or Bun 4) Student Salad with Protein Cup Lunch Choice Includes Campbell's Tomato Soup Seasoned Green Beans Mixed Fruit Milk Choice	2 Dr. Seuss' Birthday Green Eggs & Ham with Warm Cinnamon Toast 2) "Sam I Am" Hot Turkey Sandwich with Gravy 3) "Fox in Socks" Tuna Salad on a Bun 4) Grinch's Student Salad with Protein Cup Lunch Choice Includes McCain's Oven Baked Hash Brown Stick 100% Fruit Juice Celebration Cup Cakes Milk Choice	3 1) Hot Dog on a Whole Wheat Bun 2) Cheese Burger on Whole Wheat Bun <i>DiscoveryChicken Burgers</i> 3) American Hoagie on Torpedo Roll or Bun 4) Student Salad with Protein Cup Lunch Choice Includes Baked Beans Chilled Peaches Milk Choice	4 1) Chicken Cacciatore in tomato sauce served over egg noodles 2) Hot Turkey Sandwich with Gravy 3) Tuna Salad on a Roll or Bun 4) Student Salad with Protein Cup Lunch Choice Includes Steamed Asparagus Chilled Pears Milk Choice	5 1) School Baked Pizza..Angel's Whole Wheat Slices 2) Cheese Burger on Whole Wheat Bun <i>Discovery....Chicken Burgers</i> 3) Tuna Salad on a Roll or Bun 4) Student Salad with Protein Cup Lunch Choice Includes Assorted Vegetables Assorted Fresh & Cupped Fruits Milk Choice
8 1) Chicken Patty Sandwich with or without Mozz Cheese & Sauce 2) Sloppy Joe on Whole Wheat Bun 3) American Cheese Sandwich on Bread 4) Student Salad with Protein Cup Lunch Choice Includes Golden Corn Niblets Chilled Peaches Milk Choice	9 1) Mini Pancakes with Syrup Jennie-O Breakfast Turkey Sausage Links 2) BLT w/ Jennie-O Turkey Bacon, Let & Tom 3) Ham & Cheese Roll Up Meal 4) Student Salad with Protein Cup Lunch Choice Includes McCain's Oven Baked Hash Brown Patty Warm Cherries Milk Choice	10 1) Oven Baked BBQ Chicken with a Dinner Roll 2) Sloppy Joe on Whole Wheat Bun 3) American Cheese Sandwich on Bread 4) Student Salad with Protein Cup Lunch Choice Includes Mashed Sweet Potatoes 100% Fruit Juice Box of Raisins Milk Choice	11 1) Beef Tacos with Shredded Cheddar Cheese On Hard or Soft Taco Shells with fixins' 2) BLT w/ Jennie-O Turkey Bacon, Let & Tom 3) Ham & Cheese Roll Up Meal 4) Student Salad with Protein Cup Lunch Choice Includes Seasoned Carrot Coins Chilled Applesauce Cup Milk Choice	12 1) School Baked Pizza..... Tony's 4 x 6 Rectangular Smart Pizza 2) Catfish Strips on a Roll 3) Tuna Salad on a Roll or Bun 4) Student Salad with Protein Cup Lunch Choice Includes Assorted Vegetables Assorted Fresh & Cupped Fruits Milk Choice
15 1) Cheese Burger on a Whole Wheat Roll 2) Hot Ham & Cheese on White-Wheat Bread 3) Bagel Boat 4) Student Salad with Protein Cup Lunch Choice Includes Seasoned Carrot Coins Mixed Fruit Milk Choice	16 March Madness - Raffle 1) Chicken Fajita in a Soft Tortilla with Peppers & Onions 2) BBQ Pork Sandwich on a Roll or Bun 3) Egg Salad Sandwich on a Roll or Bun 4) Student Salad with Protein Cup Lunch Choice Includes Fluffy Rice Fresh Snap Peas with Dip Chilled Pears Milk Choice	17 <i>Happy St. Patrick's Day</i> 1) Popcorn Chicken White-Wheat Bread & Butter 2) Hot Ham & Cheese on White-Wheat Bread 3) Bagel Boat 4) Student Salad with Protein Cup Lunch Choice Includes Steamed Cabbage "Pot of Gold" Peach Cups "Emerald Isle" Lime Jell-O Milk Choice	18 1) Vegetable Lasagna with Garlic Bread 2) BBQ Pork Sandwich on a Roll or Bun 3) Egg Salad Sandwich on a Roll or Bun 4) Student Salad with Protein Cup Lunch Choice Includes Mixed Bean Salad with Dressing Chilled Pears Milk Choice	19 1) School Baked Pizza.... Red Baron's French Bread 2) Catfish Strips on a Roll 3) Tuna Salad on a Roll or Bun 4) Student Salad with Protein Cup Lunch Choice Includes Assorted Vegetables Assorted Fresh & Cupped Fruits Milk Choice
22 1) Meatloaf with Brown Gravy and Dinner Roll Discovery School...Salisbury Steak w/ gravy 2) Cheese Steak on a Torpedo Roll 3) Yogurt Munchable 4) Student Salad with Protein Cup Lunch Choice Includes Oven Baked Potato Rounds Seasoned Green Beans Milk Choice	23 1) Pasta & Meatballs with Garlic Bread 2) Hot Turkey with Gravy on a Roll or Bun 3) Jennie-O Turkey & Cheese on a Roll 4) Student Salad with Protein Cup Lunch Choice Includes Tossed Salad with Lo-Fat Dressing Cup of Chilled Cherries with Topping Milk Choice	24 1) Oven Baked Breaded Chicken with Whole Wheat Bread & Butter 2) Cheese Steak on a Torpedo Roll 3) Yogurt Munchable 4) Student Salad with Protein Cup Lunch Choice Includes Baby Carrots with Lo-Fat Dip Cup of Chilled Cherries with Topping Milk Choice	25 1) Nachos & Chips Beef Taco Meat & Cheese Sauce 2) Hot Turkey with Gravy on a Roll or Bun 3) Jennie-O Turkey & Cheese on a Roll 4) Student Salad with Protein Cup Lunch Choice Includes Mexican Corn Chilled Peaches Milk Choice	26 1) School Baked Pizza..... Tony's Angle Wedge Smart Pizza 2) Catfish Strips on a Roll 3) Yogurt Munchable 4) Student Salad with Protein Cup Lunch Choice Includes Assorted Vegetables Assorted Fresh & Cupped Fruits Milk Choice
29 1) Mozzarella Stick with Tomato Sauce and Garlic Stick 2) Cheese Burgers on a Whole Wheat Bun 3) American Hoagie on Torpedo Roll or Bun 4) Student Salad with Protein Cup Lunch Choice Includes Seasoned Carrot Coins Chilled Pears Milk Choice	30 1) Beef - a Roni Ground Meet with Macaroni & Sauce 2) Egg Patty & Cheese on a Biscuit 3) Tuna Salad on a Roll or Bun 4) Student Salad with Protein Cup Lunch Choice Includes Campbell's Tomato Soup Seasoned Green Beans Chilled Applesauce Milk Choice	31 1) Toasted Cheese on White Wheat Bread 2) Cheese Burgers on a Whole Wheat Bun 4) Student Salad with Protein Cup Lunch Choice Includes Campbell's Tomato Soup Mixed Bean Salad with Dressing Milk Choice	<p>North Hanover Twp is an Equal Opportunity Employer. Your Affirmative Action Officer is Mr. Ermandes, Jr. 609.738.2600</p> <p>HELP WANTED Part-time and substitute positions for the Food Service Department 609-738-2615 Shawn Rembelinsky</p>	

