


FOOD SERVICE DIRECTOR Kim Kinney	WESTMINSTER SCHOOLS MENU MARCH 2010					REGISTERED DIETITIAN Chris Ellis	
<p><u>SALAD BAR OFFERED DAILY</u></p> <p>Peanut butter & Jelly Always available</p> <p><u>SALAD BAR</u> Assortment of Fresh Produce, Cottage Cheese, Eggs, Yogurt , Pickles, Salads, Etc...</p> <p><u>ADDITIONAL FRUIT & VEGETABLE CHOICES MAY INCLUDE</u> Apples, Oranges, Mandarin Oranges, Bananas, Pears, Applesauce, Peaches, Fruit Cocktail, Pineapple, Fruit Juices, Tossed Salad, Vegetable Salad, Carrots, Celery</p> <p><u>CHOICE OF MILK</u> Low Fat Chocolate, 1% or Skim</p> <p><u>LUNCH PRICES</u> PAID \$2.00 REDUCED \$0.40 ADULT \$3.00 MILK \$0.45</p> <p><u>BREAKFAST PRICES</u> PAID \$1.00 REDUCED \$0.00 ADULT \$2.00</p> <p>Menu Subject to Change!</p>	MONDAY 1 CHICKEN FINGERS SWEET POTATO FRIES PEAS FRUIT MILK	TUESDAY 2 <i>Town Meeting</i> <i>No School</i> ***	WEDNESDAY 3 CHEESE PIZZA CAESAR SALAD FRUIT ICE CREAM MILK	THURSDAY 4 ORIENTAL CHICKEN W/ BROCCOLI RICE PINEAPPLE FORTUNE COOKIE MILK	FRIDAY 5 HOT DOG CHILI CORN FRUIT MILK	<p><i>MARCH</i></p> <p><i>****</i></p> <p><i>WINTER SPORTS DATES:</i></p> <p><i>3/1</i></p> <p><i>3/8</i></p> <p><i>3/15</i></p> <p><i>3/22</i></p> <p><i>March is nutrition awareness month! It is a good time to try new foods! Your taste change all the time, so it is good to retry foods. Not everyone cooks the same way so it is also good to try foods the way that someone else might cook it. Challenge yourself By trying to eat a rainbow of colors. Eat a fruit or vegetable from every color! Have fun exploring new foods</i></p>	
	8 MEATBALL GRINDER ITALIAN VEGGIES FRUIT MILK	9 CHICKEN NUGGETS FRIES SPINACH FRUIT MILK	10 CHEESE OR PEPPERONI PIZZA CAESAR SALAD FRUIT ICE CREAM MILK	11 PANCAKES SAUSAGE VT SYRUP ORANGE JUICE FRUIT MILK	12 SHEPARD'S PIE GREEN BEANS ROLL FRUIT MILK		
	15 EGG, SAUSAGE & CHEESE BISCUIT HASH BROWN FRUIT MILK	16 MAC & CHEESE BROCCOLI ROLL FRUIT MILK	17 CHEESE PIZZA CAESAR SALAD FRUIT ICE CREAM MILK	18 FRIED CHICKEN MASHED POTATOES GRAVY COLE SLAW FRUIT MILK	19 <i>Teachers In-service</i> <i>No School</i>		
	22 SEASAME NOODLES VEGGIE EGG ROLL ORIENTAL BROCCOLI MANDARIN ORANGES FORTUNE COOKIE MILK	23 CHEESE LASAGNA ITALIAN BEANS BREAD STICK FRUIT MILK	24 CHEESE OR SAUSAGE PIZZA CAESAR SALAD FRUIT ICE CREAM MILK	25 ROAST PORK W/GRAVY RICE GLAZED CARROTS FRUIT MILK	26 SLOPPY JOE POTATO WEDGES PEAS & CARROTS FRUIT MILK		
	29 TUNA ROLL CORN CHOWDER CHIPS BABY CARROTS FRUIT MILK	30 CHEESE BURGER TUNA/MAC SALAD PEAS FRUIT MILK	31 CHEESE PIZZA CAESAR SALAD FRUIT ICE CREAM MILK				
		<p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, sexual orientation, or disability.</p>		<p>We offer local products when available.</p>	<p>THE FRESH FRUIT AND VEGGIE PROGRAM, TRIES TO PROVIDE A WIDE VARIETY OF CHOICES. CHILDREN MIGHT NOT LIKE ALL THE CHOICES, BUT IT IS GOOD TO TRY NEW THINGS AND TRY THEM MORE THEN ONCE!</p>		