



Montgomery Co.
R-II School
District
BELLFLOWER
ELEMENTARY
BREAKFAST &
LUNCH

MARCH 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Fryz, Roasted Potato Wedges, Fruit, Chocolate Cookie, Milk 2 Turkey Club, Roasted Potato Wedges, Fruit, Chocolate Cookie, Milk 3 Popcorn Chicken Chef, Hot Roll, Fruit, Chocolate Cookie, Milk	1 Opaa! Chicken Noodle Soup, Chz Garlic Biscuit, Super Side Salad, Cinn. Apples, Turtle Pudding, Milk 2 Cheeseburger Sliders, Super Side Salad, Cinn. Apples, Turtle Pudding, Milk 3 Chef Salad, Cheese Garlic Biscuit, Cinn. Apples, Turtle Pudding, Milk	1 Chicken Patty, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk 2 Roast Turkey, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk 3 Italian Chef Salad, Opaa! Hot Roll, Fresh Banana, Milk	1 Spaghetti/Meat Sauce, Italian Bread, Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk 2 Burrito Supreme, Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk 3 Chef Salad, Italian Bread, Orange Smiles, Cinnamon Delight Cookie, Milk	1 Signature Pizza, Super Side Salad, Fresh Apple, Monster Cookie, Milk 2 Fish on Bun, Super Side Salad, Fresh Apple, Monster Cookie, Milk 3 Chicken Caesar Chef, J & J Pretzel, Fresh Apple, Monster Cookie, Milk
1 Chicken Sliders, Seasoned Fries, Fresh Fruit, Hummingbird Cake, Milk 2 Mozzarella Dunkers, Seasoned Fries, Fresh Fruit, Hummingbird Cake, Milk 3 Chicken Fajita Chef, Crackers, Fresh Fruit, Hummingbird Cake, Milk	1 Ham & Cheese Melt, Party Pasta, Green Beans, Apple Wedges w/ Dip, Milk 2 Corn Dog, Party Pasta, Green Beans, Apple Wedges w/ Dip, Milk 3 Chef Salad, Italian Bread, Tropical Fruit, Apple Wedges w/ Dip, Milk	1 Chicken Patty, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk 2 Meatloaf, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk 3 Italian Chef, Opaa! Hot Roll, Tropical Fruit, Milk	1 Mac & Cheese w/Ham, Super Side Salad, Chilled Peaches, Amish Cookie, Milk 2 Bacon Turkey Club Sub, Super Side Salad, Chilled Peaches, Amish Cookie, Milk 3 Chef Salad, Crackers, Chilled Peaches, Amish Cookie, Milk	12 NO SCHOOL PROFESSIONAL DEVELOPMENT DAY
1 Super Nachos, Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk 2 Hot Diggety Dog, Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk 3 Popcorn Chicken Chef, Crackers, Rosy Applesauce, Cowboy Cookie, Milk	1 Cheeseburger, Baked French Fries, Tropical Fruit, Choc. Chip Cookie, Milk 2 Catch of the Day Tuna Sandwich, Baked French Fries, Tropical Fruit, Choc. Chip Cookie, Milk 3 Chef Salad, Opaa! Hot Roll, Crunchy Veggies, Tropical Fruit, Choc. Chip Cookie, Milk	1 Chicken Patty, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk 2 Roast Turkey, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk 3 Italian Chef Salad, Opaa! Hot Roll, Fresh Banana, Milk	1 Spaghetti w/ Meat Sauce, Italian Bread, Super Side Salad, Fresh Apple, Choc. Pudding, Milk 2 All American Sub, Super Side Salad, Fresh Apple, Choc. Pudding, Milk 3 Chef Salad, Italian Bread, Fresh Apple, Choc. Pudding, Milk	1 Signature Pizza, Super Side Salad, Orange Smiles, Monster Cookie, Milk 2 Three Cheese Grilled Cheese, Super Side Salad, Orange Smiles, Monster Cookie, Milk 3 Chicken Caesar Chef, J & J Pretzel, Orange Smiles, Monster Cookie, Milk
1 Chicken Nuggets, Seasoned Fries, Chilled Pears, Applesauce Cake, Milk 2 Stromboli, Seasoned Fries, Chilled Pears, Applesauce Cake, Milk 3 Chicken Fajita Chef, Crackers, Chilled Pears, Applesauce Cake, Milk	23 Breakfast For Lunch!! 1 French Toast Sticks, Sausage Patty, Potato Rounds, Fresh Apple Wedges, Milk 2 Biscuit & Gravy, Sausage Patty, Potato Rounds, Fresh Apple Wedges, Milk 3 Chef Salad, Fruit Muffin, Fresh Apple Wedges, Cinnamon Delight Cookie, Milk	1 Chicken Patty, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk 2 Salisbury Steak, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk 3 Italian Chef Salad, Opaa! Hot Roll, Tropical Fruit, Milk	1 Pig 'n' Blanket, Super Side Salad, Chilled Peaches, PB Choc. Chip Cookie, Milk 2 BBQ Pork, Super Side Salad, Chilled Peaches, PB Choc. Chip Cookie, Milk 3 Chef Salad, Crackers, Chilled Peaches, PB Choc. Chip Cookie, Milk	1 Homemade Tomato Soup, Garlic Chz. Biscuit, Super Side Salad, Chilled Fruit, Cowboy Cookie, Milk 2 Signature Pizza, Super Side Salad, Chilled Fruit, Cowboy Cookie, Milk 3 Chicken Caesar Chef, J & J Pretzel, Chilled Fruit, Cowboy Cookie, Milk
29	30 JOIN US FOR A WELLNESS & NUTRITION FAIR ON MARCH 18, 2010 AT THE HIGH SCHOOL	31	NO SCHOOL MARCH 29-APRIL 2 SPRING BREAK	

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Our Menus meet USDA guidelines for calories, fat, saturated fat, protein, calcium, iron, and vitamins A and C.

Milk Served Daily:

1%, Skim, & Chocolate Skim

Menus are subject to Change



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