



Platte County R-III
School District
RISING STAR
ELEMENTARY
SCHOOL
BREAKFAST &
LUNCH

MARCH 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Newspaper in Education Week 1</p> <p>1 Chicken Strips, Roasted Potato Wedges, Chilled Fruit, Chocolate Cookie, Milk</p> <p>2 Popcorn Chicken Chef, Cracker, Chilled Fruit, Chocolate Cookie, Milk</p>	<p>Dr Seuss' Birthday 2</p> <p>1 Hamburger, Super Side Salad, Cinn. Apples, Turtle Pudding, Milk</p> <p>2 Chef Salad, Cheese Garlic Biscuit, Cinn. Apples, Turtle Pudding, Milk</p>	<p>Alexander Graham Bell's Birthday 3</p> <p>1 Chicken Patty, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>2 Turkey Chef Salad, Opaa! Hot Roll, Fresh Banana, Milk</p> <p>PLC Day!</p>	<p>Patricia Heaton's Birthday 4</p> <p>1 Spaghetti/Meat Sauce, Italian Bread, Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk</p> <p>2 Chef Salad, Italian Bread, Orange Smiles, Cinnamon Delight Cookie, Milk</p>	<p>Jake Lloyd's Birthday 5</p> <p>1 Tony's Pizza, Super Side Salad, Fresh Apple, C.C. Cookie, Milk</p> <p>2 Chicken Caesar Chef, J & J Pretzel, Fresh Apple, C.C. Cookie, Milk</p>
<p>National School Breakfast Week! 8</p> <p>1 Mozzarella Dunkers, Seasoned Fries, Fresh Fruit, Ranger Cookie, Milk</p> <p>2 Chicken Fajita Chef, Crackers, Fresh Fruit, Ranger Cookie, Milk</p> <p>Please join us each day 4 breakfast!!</p>	<p>Did you have breakfast today? 9</p> <p>1 WW Rotini w/ Meatsauce, Italian Bread, Super Side Salad, Green Beans, Apple Wedges w/ Dip, Mil</p> <p>2 Chef Salad, Italian Bread, Tropical Fruit, Apple Wedges w/ Dip, Milk</p>	<p>World Kidney Day 10</p> <p>1 Chicken Patty, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p>2 Turkey Chef Salad, Opaa! Hot Roll, Tropical Fruit, Milk</p>	<p>Thora Birch's Birthday 11</p> <p>1 Corn Dog, Pasta Salad, Peaches, Amish Cookie, Milk</p> <p>2 Chef Salad, Crackers, Peaches, Amish Cookie, Milk</p>	<p>Liza Minnelli's Birthday 12</p> <p>1 Tony's Cheese Pizza, Super Side Salad, Orange Smiles, Hummingbird Cake, Milk</p> <p>2 Chicken Caesar Chef, J & J Pretzel, Orange Smiles, Hummingbird Cake, Milk</p>
<p>Act Happy Week!! 15</p> <p>1 Super Nachos, Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk</p> <p>2 Popcorn Chicken Chef, Crackers, Rosy Applesauce, Cowboy Cookie, Milk</p>	<p>Flavor Flav's Birthday 16</p> <p>1 Spaghetti w/ Meatsauce, Italian Bread, Super Side Salad, Fresh Apple, Choc. Pudding, Milk</p> <p>2 Chef Salad, Italian Bread, Fresh Apple, Choc. Pudding, Milk</p>	<p>St. Pat's Day!! 17</p> <p>1 Chicken Patty, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>2 Turkey Chef Salad, Opaa! Hot Roll, Fresh Banana, Milk</p> <p>PLC Day!</p>	<p>Madeline Carroll's Birthday 18</p> <p>1 Hamburger, Baked French Fries, Tropical Fruit, Choc. Chip Cookie, Milk</p> <p>2 Chef Salad, Opaa! Hot Roll, Crunchy Veggies, Tropical Fruit, Choc. Chip Cookie, Milk</p>	<p>Bruce Willis' Birthday 19</p> <p>1 Three Cheese Grilled Cheese, Super Side Salad, Orange Smiles, Monster Cookie, Milk</p> <p>2 Chicken Caesar Chef, J & J Pretzel, Orange Smiles, Monster Cookie, Milk</p>
<p>World Water Day 22</p> <p>1 Chicken Nuggets, Seasoned Fries, Chilled Pears, Rainbow Cake, Milk</p> <p>2 Chicken Fajita Chef, Crackers, Chilled Pears, Rainbow Cake, Milk</p>	<p>World folk tales & fables week 23</p> <p>1 Pig 'n' Blanket, Super Side Salad, Chilled Peaches, Jello, Milk</p> <p>2 Chef Salad, Crackers, Chilled Peaches, Jello, Milk</p>	<p>It's Chicken Patty Day!! 24</p> <p>1 Chicken Patty, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p>2 Turkey Chef Salad, Opaa! Hot Roll, Tropical Fruit, Milk</p>	<p>Breakfast for Lunch! 25</p> <p>1 French Toast Sticks, Sausage Patty, Potato Rounds, Fresh Apple Wedges, Milk</p> <p>2 Chef Salad, Fruit Muffin, Fresh Apple Wedges, Cinnamon Delight Cookie, Milk</p>	<p>Kenny Chesney's Birthday 26</p> <p>1 Tony's Pizza, Super Side Salad, Chilled Fruit, Cowboy Cookie, Milk</p> <p>2 Chicken Caesar Chef, J & J Pretzel, Chilled Fruit, Cowboy Cookie, Milk</p>
<p>29</p> <p>Spring Break!</p> <p>NO SCHOOL</p>	<p>30</p> <p>Spring Break!</p> <p>NO SCHOOL</p>	<p>31</p> <p>Spring Break!</p> <p>NO SCHOOL</p>	<p>NATIONAL CLEANING WEEK MARCH 28-APRIL 3RD Kids...time to deep clean your room!!</p>	<p>FUN FACT: Did you know that St. Patrick wasn't even Irish? St. Patrick was thought to be born in Wales in 385 A.D. Which would have made him British!</p>

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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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