



**Van Buren R-I
School District
ELEMENTARY
BREAKFAST &
LUNCH**

MARCH 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Chicken Fryz, Roasted Potato Wedges, Fruit Cup, Chocolate Cookie, Milk</p> <p>2 Hamburger, Roasted Potato Wedges, Fruit Cup, Chocolate Cookie, Milk</p> <p>3 Chef salad, Hot Roll, Fruit Cup, Chocolate Cookie, Milk</p>	<p>2 Spaghetti/Meat Sauce, Chz Garlic Biscuit, Super Side Salad, Cinn. Apples, Cowboy Cookie, Milk</p> <p>2 Turkey Sub, Super Side Salad, Cinn. Apples, Cowboy Cookie, Milk</p> <p>3 Chef Salad, Cheese Garlic Biscuit, Cinn. Apples, Cowboy Cookie, Milk</p>	<p>3 Chicken Patty, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>2 Roast Turkey, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>3 Chef Salad, Opaa! Hot Roll, Fresh Banana, Milk</p>	<p>4 Texas Taco, Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk</p> <p>2 Chicken Quesadilla, Super Side Salad, Orange Smiles, Cinnamon Delight Cookie, Milk</p> <p>3 Chef Salad, Hot Roll, Orange Smiles, Cinnamon Delight Cookie, Milk</p>	<p>5 Pizza, Corn, Fresh Apple, Monster Cookie, Milk</p> <p>2 PB&J, Goldfish, Fresh Apple, Monster Cookie, Milk</p> <p>3 Chef Salad, Bosco Stick, Fresh Apple, Monster Cookie, Milk</p>
<p>8 Sloppy Joes, Seasoned Fries, Fresh Fruit, Waky Cake, Milk</p> <p>2 Corn Dog, Seasoned Fries, Fresh Fruit, Waky Cake, Milk</p> <p>3 Chef Salad, Crackers, Fresh Fruit, Waky Cake, Milk</p>	<p>9 Pizza Pasta Bake, Italian Bread, Green Beans, Apple Wedges, Jello, Milk</p> <p>2 Turkey Sub, Super Side Salad, Green Beans, Apple Wedges, Jello, Milk</p> <p>3 Chef Salad, Italian Bread, Apple Wedges, Jello, Milk</p>	<p>10 Chicken Patty, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p>2 Meatloaf, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p>3 Chef Salad, Opaa! Hot Roll, Tropical Fruit, Milk</p>	<p>11 Frito Pie, Corn, Chilled Peaches, Amish Cookie, Milk</p> <p>2 Mozzarella Dunker, Corn, Chilled Peaches, Amish Cookie, Milk</p> <p>3 Chef Salad, Hot Roll, Chilled Peaches, Amish Cookie, Milk</p>	<p>12 Pizza, Peas & Carrots, Orange Smiles, Choc. Cookie, Milk</p> <p>2 PB&J, Gold Fish, Orange Smiles, Choc. Cookie, Milk</p> <p>3 Chef Salad, Bosco Stick, Orange Smiles, Choc. Cookie, Milk</p>
<p>15 Super Nachos, Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk</p> <p>2 Hot Diggety Dog, Seasoned Corn, Rosy Applesauce, Cowboy Cookie, Milk</p> <p>3 Chef Salad, Crackers, Rosy Applesauce, Cowboy Cookie, Milk</p>	<p>16 Spaghetti w/ Meat Sauce, Italian Bread, Super Side Salad, Fresh Apple, Jello, Milk</p> <p>2 Three Cheese Grilled Cheese, Super Side Salad, Fresh Apple, Jello, Milk</p> <p>3 Chef Salad, Italian Bread, Fresh Apple, Jello, Milk</p>	<p>17 Chicken Patty, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>2 Roast Turkey, Mashed Potatoes & Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>3 Chef Salad, Opaa! Hot Roll, Fresh Fruit, Milk</p>	<p>18 Cheeseburger, Baked French Fries, Tropical Fruit, Choc. Chip Cookie, Milk</p> <p>2 Catch of the Day Tuna Sandwich, Baked French Fries, Tropical Fruit, Choc. Chip Cookie, Milk</p> <p>3 Chef Salad, Opaa! Hot Roll, Tropical Fruit, Choc. Chip Cookie, Milk</p>	<p>19 Pizza, Super Side Salad, Orange Smiles, Monster Cookie, Milk</p> <p>2 PB & J, Goldfish, Orange Smiles, Monster Cookie, Milk</p> <p>3 Chef Salad, Bosco stick, Orange Smiles, Monster Cookie, Milk</p>
<p>22 Homemade Tomato Soup, Garlic Chz. Biscuit, Super Side Salad, Chilled Fruit, Jello, Milk</p> <p>2 Stromboli, Super Side Salad, Chilled Pears, Jello, Milk</p> <p>3 Chef Salad, Garlic Chz. Biscuit, Chilled Pears, Jello, Milk</p>	<p>23 Pig 'n' Blanket, Baked Beans, Chilled Peaches, PB Choc. Chip Cookie, Milk</p> <p>2 BBQ Pork, Baked Beans, Chilled Peaches, PB Choc. Chip Cookie, Milk</p> <p>3 Chef Salad, Crackers, Chilled Peaches, PB Choc. Chip Cookie, Milk</p>	<p>24 Chicken Patty, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p>2 Salisbury Steak, Mashed Potatoes & Gravy, Mixed Vegetables, Opaa! Hot Roll, Milk</p> <p>3 Chef Salad, Opaa! Hot Roll, Tropical Fruit, Milk</p>	<p>25 Spaghetti/Meat Sauce, Chz Garlic Biscuit, Super Side Salad, Cinn. Apples, Cowboy Cookie, Milk</p> <p>2 Turkey Sub, Super Side Salad, Cinn. Apples, Cowboy Cookie, Milk</p> <p>3 Chef Salad, Chz Garlic Biscuit, Cinn. Apples, Cowboy Cookie, Milk</p>	<p>26 Pizza, Corn, Fresh Fruit, Cowboy Cookie, Milk</p> <p>2 PB & J, Gold Fish, Fresh Fruit, cowboy Cookie, Milk</p> <p>3 Chef Salad, Bosco Stick, Fresh Fruit, Cowboy Cookie, Milk</p>
<p>29 Hamburger, Oven Fries, Fresh Apple Slices, Brownie, Milk</p> <p>2 3 Cheese Grilled Cheese, Oven Fries, Fresh Apple Slices, Brownie, Milk</p> <p>3 Chef Salad, Crackers, Fresh Apple Slices, Brownie, Milk</p>	<p>30 Texas Taco, Super Side Salad, Chilled Fruit, Jello, Milk</p> <p>2 Chicken Fajita Wrap, Super Side Salad, Chilled Fruit, Jello, Milk</p> <p>3 Chef Salad, Hot Roll, Chilled Fruit, Jello, Milk</p>	<p>31 Chicken Patty, Mashed Potatoes w/ Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>2 Roast Turkey, Mashed Potatoes w/ Gravy, Green Beans, Opaa! Hot Roll, Milk</p> <p>3 Chef Salad, Opaa! Hot Roll, Chilled Fruit, Milk</p>		

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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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