



**Van Buren R-I  
School District  
MIDDLE & HIGH  
SCHOOL  
BREAKFAST &  
LUNCH**

# MARCH 2010



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

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**Milk Served Daily:**

1%, Skim, & Chocolate Skim

*Menus are subject to Change*



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