



Lunch \$2.50  
 Milk 55¢  
 10 Day Meal Ticket \$25.00  
 20 Day Meal Ticket \$50.00

# MARCH 2010

## KEENEYVILLE SCHOOL DISTRICT 20

### MIDDLE SCHOOL

### LUNCH MENU



We're thinking green, are you ?

#### Make choices for a healthy lifestyle!

- Eat a variety of food
- Eat more fruits, vegetables, & grains
- Eat lower fat foods more often
- Get your calcium rich foods
- Be physically active

These behaviors can make a big difference in the way you look, feel, and your health!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> CHICKEN NUGGETS WHIPPED POTATOES WHOLE KERNEL CORN WHEAT BREAD SLICE COOKIE W/LUNCH PURCHASE <b>CASIMIR PULASKI DAY</b>	<b>2</b> *BBQ RIB WRAP CARROT COINS CHILLED APPLESAUCE	<b>3</b> NACHOS SUPREME w/Taco Meat & Grated Cheddar Cheese SHREDDED LETTUCE 100% CRANBERRY JUICE	<b>4</b> BUTTERMILK PANCAKE w/Syrup SCRAMBLED EGGS POTATO ROUNDS FRESH ORANGE WEDGES	<b>5</b> STUFFED CHEESE PIZZA SEASONED GREEN BEANS CHILLED APPLESAUCE
<b>8</b> FRENCH TOAST STICKS w/Syrup SCRAMBLED EGGS POTATO ROUNDS 100% FRUIT JUICE	<b>9</b> SOFT TACO w/Taco Meat & Grated Cheddar Cheese SHREDDED LETTUCE 100% APPLE/CHERRY JUICE COOKIE W/LUNCH PURCHASE	<b>10</b> <i>NEW</i> *BBQ RIB w/Tortillas WHOLE KERNEL CORN CHILLED APPLESAUCE	<b>11</b> JUMBO WAFFLES w/Syrup *SAUSAGE PATTY POTATO ROUNDS 100% ORANGE JUICE	<b>12</b> NACHOS SUPREME w/Taco Meat & Grated Cheddar Cheese SHREDDED LETTUCE 100% CRANBERRY JUICE
<b>15</b> <i>NEW</i> CHICKEN PARMESAN SANDWICH WHIPPED POTATOES MANDARIN ORANGES COOKIE W/LUNCH PURCHASE	<b>16</b> *BBQ RIB SANDWICH SPANISH RICE CHILLED APPLESAUCE	<b>17</b> BUTTERMILK PANCAKE w/Syrup SCRAMBLED EGGS POTATO ROUNDS FRESH ORANGE WEDGES	<b>18</b> NACHOS SUPREME w/Taco Meat & Grated Cheddar Cheese SHREDDED LETTUCE 100% APPLE JUICE	<b>19</b> STUFFED CHEESE PIZZA STICK w/Pizza Sauce FRESH BABY CARROTS CHILLED APPLESAUCE
<b>22</b> FRENCH TOAST STICKS w/Syrup SCRAMBLED EGGS POTATO ROUNDS 100% APPLE JUICE	<b>23</b> NACHOS SUPREME w/Taco Meat & Grated Cheddar Cheese SHREDDED LETTUCE 100% CRANBERRY JUICE	<b>24</b> SALISBURY STEAK w/Gravy WHIPPED POTATOES CARROT COINS COOKIE W/LUNCH PURCHASE	<b>25</b> <i>WALKING TACOS</i> w/Taco Meat, Grated Cheese & Fritos Corn Chips SHREDDED LETTUCE 100% APPLE JUICE	<b>26</b> HALF DAY NO LUNCH SERVED
<b>29</b>	<b>30</b>	<b>31</b>		

# SPRING BREAK

Milk variety offered daily.  
 Breads & grains offered daily.

\*\* Please Note \*\*

Menu changes may be necessary. Notice will be given when possible.

\* Contains Pork

