










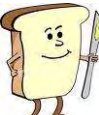


KNOWLTON ELEMENTARY SCHOOL



March Menu 2010

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Grilled Cheese on a Pretzel Bun Tomato Soup Chilled Fruit Milk Choice 	2 Hot Dog on a Bun Baked Fries Baked Beans Fruit Cup Milk Choice 	3 Read Across America Swan Nest Spaghetti w/Meatballs Garlic Bread Vegetable Fruit Cup Milk Choice 	4 Hamburger on a Bun Cheese Fries Applesauce Milk Choice 	5 Pizza Sticks w/Marinara Sauce Carrots Garden Salad Assorted Fruit Milk Choice
8 Pancakes Ham Slice Juice Raisins Milk Choice 	9 Nacho Platter w/Meat Cheese, Rice Lettuce & Tomato Assorted Fruit Milk Choice	10 Turkey Club Carrots w/Dip Assorted Fruit Milk Choice	11 Cheese Steak Hoagie Mashed Potatoes Vegetable Assorted Fruit Milk Choice	12 Cheese Pizza Garden Salad Green Beans Assorted Fruit Milk Choice
NATIONAL SCHOOL BREAKFAST WEEK				
15 Macaroni & Cheese Roll Stewed Tomatoes Chilled Fruit Milk Choice	16 Ham & Cheese on a Bagel Applesauce Fruit Juice Milk Choice 	17 St. Patrick's Day Golden Corn Dog Nuggets, Roll Shamrock Jell-o Assorted Fruit Milk Choice	18 Grilled Chicken Patty on a Wheat Bun Cucumber Coins Juice Assorted Fruit Milk Choice	19 Pizza Tossed Salad Corn Chilled Fruit Milk Choice 
22 Oven Baked Chicken Roll Sweet Potatoes Vegetable Chilled Fruit Milk Choice	23 Turkey & Cheese Wrap Vegetable Pasta Salad Lettuce & Tomatoes Fruit Cup Milk Choice	24 B. B. Q Pulled Pork On a Roll Tator Tots Chilled Fruit Milk Choice 	25 Tacos w/Meat & Cheese, Rice Lettuce & Tomato Assorted Fruit Milk Choice	26 Cheese Pizza Pea & Carrots Garden Salad Assorted Fruit Milk Choice
29 Grilled Cheese on a Pretzel Bun Tomato Soup Fruit Milk Choice	30 French Toast Sticks Turkey Sausage Juice Chilled Fruit Milk Choice	31 Pasta w/ Meat Sauce Italian Bread Salad Greens Fruit Cup Milk Choice 	Extra Bread Available Daily with Lunch! 	Vegetable & Fruit of the Month Raisins & Mixed Greens

Available Daily

Student Lunch \$2.00
 Adult Lunch \$2.75
 Extra Entrée w/Lunch \$1.55

"SIDEKICKS"

Milk \$.45
 Fresh Fruit \$.50
 Baked Chips \$.60
 Ice Cream \$.60
 Otis Cookie \$.25
 Hot Pretzel \$.60
 Flavored Water \$1.00
 Spring Water \$.50
 Juice Box 100% \$.75
 Yogurt \$.75
 Soup \$.80
 Carrot Snack Pack \$.50

ALTERNATE HOT LUNCH

\$2.00/\$2.75

Monday: Chicken Nuggets
 Tuesday: Mozzarella Sticks
 Wednesday: Chicken Nuggets
 Thursday: Mozzarella Sticks
 Friday: Chicken Nuggets

Peanut Butter & Jelly on Wheat Bread available everyday as an alternate sandwich.

"SALAD SUPREME"

\$2.00/\$2.75

Mixed Salad Platter with Proteins, Whole Grain Bread and Fruit with choice of Milk.



Choice of flavored or unflavored, low fat milk with all meals.

Lunch Tickets available in the cafeteria: 20 meals- \$40.00, 10 meals-\$20.00, 5 meals- \$10.00

MENU SUBJECT TO CHANGE



Can We Help? Call Maschio's Food Services at your School!

www.maschiofood.com