

MARCH 2010

RICHLAND COUNTY SCHOOL DISTRICT ONE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

- Assorted Cereals are offered as an Alternative Meal at Breakfast.
- Salad is offered as an Alternate Meal at Lunch, which could include iceberg lettuce, purple cabbage, shredded carrots, spinach, tomato, shredded cheese, hard boiled egg half, orange wedge, grapes, kiwi and seasonal fruits.
- Assorted 100% Fruit Juices are offered daily at Breakfast and Lunch.
- Fresh Fruit is offered daily, which could include apples, pears, bananas, grapes and oranges or any combination based on availability.
- Whole Wheat bread, breadsticks and crackers are available daily.
- Milk is offered in 1%, skim and fat free varieties in addition to low fat milk in strawberry, vanilla and chocolate.

‡The purpose of the Manager's Choice Menus is to allow each base kitchen to utilize inventory on hand.

<p>1 Managers Choice</p> <p>Pizza Tossed Spinach Salad Seasoned Baked Fries Assorted Fresh Fruit</p>	<p>2 Cinnamon Swirl Bread</p> <p>Creole Steak Mashed Potatoes Green Beans Wheat Rolls Assorted Fresh Fruit</p>	<p>3 Ham Biscuit Fish Nuggets Veggie Sticks/w dressing Oven Roasted Taters Frozen Fruit Fiesta Hushpuppies Assorted Fresh Fruit</p>	<p>4 Whole Grain Apple Roll</p> <p>Beef-a-roni Sweet Peas Congealed Salad Wheat Bread Sticks Assorted Fresh Fruit</p>	<p>5 Vanilla Yogurt W/ Honey Grain Dippers</p> <p>Manager's Choice</p>
<p>8 Mighty Blueberry Muffin</p> <p>Corn Dog Cole Slaw Baked Beans Assorted Fresh Fruit</p> 	<p>9 Souped up Cereal</p> <p>Creamy Cheese Grits Country Sausage Toast and Jelly Spiced Strawberry Apples Sliced Tomatoes Assorted Fresh Fruit</p>	<p>10 Fuel up with French Toast Sticks and Hot Apple Slices w/Cinnamon</p> <p>Chef Salad Wheat Croissant Fresh Fruit Salad Frozen Artic Ice</p>	<p>11 Breakfast Burrito Boost</p>  <p>Lunch Manager's Choice</p>	<p>Get up and Go with Yogurt w / Granola Bar</p> <p>Vegetable Soup Grilled Cheese or PBJ Sandwich Sherbet Assorted Fresh Fruit</p>
<p>NATIONAL SCHOOL BREAKFAST WEEK - MARCH 8-12</p>				
<p>15 Chicken Biscuit</p> <p>Hamburger w/Trimmings on Grain Bun Baked Fries Vegetable Medley Assorted Fresh Fruit</p>	<p>16 Pancakes</p> <p>Chicken Nuggets Glazed Carrots Broccoli Salad Wheat Bread Sticks Fresh Assorted Fruit</p>	<p>17 <i>Sausage Biscuit</i></p> <p>Shepherd's Pie Yeast Roll, Fresh Kiwi or Pear Shamrock Cookie</p> 	<p>18 Yogurt w/Pro Ball</p> <p>Spaghetti w/ Meat Sauce Tossed Salad Applesauce Cinnamon Rolls Fresh Fruit</p>	<p>19 Cinnamon Swirl Bread</p> <p>Hog Dog w/ chili Cole Slaw Seasoned Potatoes Assorted Fresh Fruit</p>
<p>22 Sausage Biscuit</p> <p>Chicken Sandwich on Wheat Bun Seasoned Potatoes Steamed Broccoli Fresh Fruit</p>	<p>23 Waffles</p> <p>Baked Ravioliw Tossed Spinach Salad Fruited Jell-O Cheese Filled Bread Sticks Assorted Fresh Fruit</p>	<p>24 Muffins/Yogurt Nachos w / Taco Meat Salad Corn Assorted Fresh Fruit Frozen Fruit Cup <i>Choice Bag Lunch for Early Dismissal</i></p>	<p>25 Pancakes</p> <p>Manager's Choice</p>	<p>26 Student Holiday</p> 
<p>29 Strudel Frudel</p> <p>Corn Dog Cole Slaw Baked Beans Assorted Fresh Fruits</p>	<p>30 Breakfast Pizza</p> <p>BBQ on Wheat Bun Corn on the Cob Veggie Stick with Dressings Assorted Fresh Fruits</p>	<p>31 Pancakes</p> <p>Chicken Noodle Soup Chef Salad w/ LF Dressing Wheat Croissants Fresh Fruits Salad Easter Cookie</p>	<p>Breakfast Reduced Price: \$0.30 Full Price: \$0.75 Adult Price: \$1.80</p>	<p>Lunch Reduced Price: \$0.40 Full Price:Elem. \$1.35 Secondary \$1.50 Adult Price: \$3.00</p>

