

# March 2012

## FAST TAKES



**EVERYDAY CHOICES**  
**Specialty Sandwiches**  
**Variety Protein or Vegetarian Wraps**  
*With Baked Goldfish Crackers or Pretzels*  
**Daily Featured Salads**  
*With Whole Wheat Crackers*

## CHOPSTICKS

MONDAY	Teriyaki Chicken Rice Bowl
TUESDAY	Teriyaki Chicken Noodle Bowl
WEDNESDAY	Teriyaki Chicken Rice Bowl
THURSDAY	Teriyaki Chicken Noodle Bowl
FRIDAY	Teriyaki Chicken Rice Bowl

*Each bowl contains vegetables & comes with a fortune cookie.  
 Rice bowls are made with brown rice.*

## SALSA

**EVERYDAY CHOICES**  
 Alternating Beef/Bean & Bean/Cheese Burritos  
 Cheese Nachos *three times/week*  
 Daily Specialty Salsa Selections

EVERYDAY SIDES *Spanish Rice*

## GRILL

**EVERYDAY CHOICES**  
**Flame Broiled Beef Patty**  
**Chicken & Spicy Chicken**  
**Featured Selections *twice/week***  
*Oven Baked Tater Tots or Crinkle Cut Fries*

## PIZZA

**EVERYDAY CHOICES**

**Pepperoni, Cheese and Daily Specialty Pizzas**

## SIDES OFFERED DAILY WITH LUNCH CHOICES

Locally Grown Seasonal Fresh Fruit and Vegetables, plus Apples, Oranges, Garden Salad Greens and Low Fat or Fat Free Milk

FAVORITES		Please refer to your individual school calendar for actual scheduled days.		
			3/1 Spaghetti w/ Meat Sauce Garlic Bread	3/2 Teriyaki Beef Dippers w/ Broccoli over Steamed Rice
3/5 Baked Chicken Bites Rice Pilaf	3/6 Pork Carnitas	3/7 Hot Ham & Cheese Melt w/ Soup	3/8 Mo's Clam Chowder Garlic Bread	3/9 Whole Grain Corn Dog w/ Veggies
3/12 Baked Chicken Bites w/ Sweet Potato Fries	3/13 Ravioli w/ Steamed Veggies Roll	3/14 Teriyaki Beef Dippers w/ Broccoli over Yakisoba Noodles	3/15 Baked Potato Bar w/ Chili Toppings	3/16 Toasted Cheese Sandwich w/ Soup
3/19 Beef Rib on a Bun	3/20 Italian Meatball Sub w/ Veggies	3/21 Turkey Gravy over Mashed Potatoes w/ Veggies	3/22 Crossroads Selection	3/23 <b>No School</b>
3/26 <b>Spring Break</b>	3/27 <b>Spring Break</b>	3/28 <b>Spring Break</b>	3/29 <b>Spring Break</b>	3/30 <b>Spring Break</b>
4/2 Baked Chicken Bites Rice Pilaf	4/3 Ravioli w/ Steamed Veggies Roll	4/4 Teriyaki Beef Dippers w/ Broccoli over Yakisoba Noodles	4/5 Fresh Tilapia Taco	4/5 Whole Grain Corn Dog w/ Veggies