

























SOUTH BRUNSWICK ELEMENTARY SCHOOLS Lunch Menu March 1, 2010 – March 31, 2010

Student lunch \$1.85 Reduced price \$4.00 Adult price: \$2.75
 Questions or comments? Please call Francine Brooks, Asst. Food Service Director at 732-329-1043 Ext. 3019



All lunches include a choice of entrée including meat or meat alternative, bread/grain, two servings of vegetable or fruit and a choice of skim milk or 1% chocolate, strawberry or 1% white milk

 Our Award-Winning Chartwells Balanced Choices® Meal Program highlights calorically appropriate, super-nutrition meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

TUNA SALAD, EGG SALAD AND CHEESE ON A BAGEL ARE SERVED DAILY



Monday	Tuesday	Wednesday	Thursday	Friday
BIRTHDAY PARTIES Fresh Baked Cupcakes or a Healthy Alternative \$1.50/pp w/ juice or milk <u>GUEST OF HONOR IS FREE</u> Reserve Yours Today! 732-329-1043 ext 3019 Francine.Brooks@sbschools.org 3 DAY'S NOTICE PLEASE!	 BALANCED CHOICE SNACK MENU 4 OZ. Fruit Juice .65 Baked Chips .65 LF Fruited Yogurt .75 Desani Water .75 6 OZ. Capri Sun 100% Juice .85	"V" indicates a vegetarian option. MENU BASED ON AVAILABILITY – MAY CHANGE WITHOUT NOTICE		Do you love to draw? Enter the Breakfast Poster Contest Get your entry form from your cafeteria Manager or on the SB Schools Website
1  Cinnamon Swirl French Toast w/Maple Syrup Egg Omelette Hash Brown Potatoes Cherry or Blueberries	2  Double Stuffed Crust Pizza Tossed Salad w/Lt. Italian Dressing Chilled Peaches	3  Toasted Cheese Sandwich Oven Baked Fries Chilled Apple Sauce	4 Chicken Patty on a Whole Wheat Roll Sweet Golden Corn Fresh Apple	5  Pizza Sticks Marinara Dunking Sauce Tossed Salad with choice of Dressing Sliced Peaches
8  Egg Omelet w/Cheese or PORK Sausage Patty on an English Muffin Oven Baked Fries Oatmeal Raisin Cookie	9   Personal Pan Pizza Cheese or Pepperoni Mini Carrots & Ranch Dressing Apple Slices	10   Pasta w/Cheese & Marinara Sauce Garlic Bread Seasoned Green Beans Fresh Pear	11 Oven Baked Breaded Chicken Steamed White Rice Vegetable Egg Roll Chilled Peaches Fortune Cookie	12  Double Stuffed Crust Pizza Tossed Salad w/Lt. Italian Dressing Warm Fruit Crisp
15  Silver \$ Pancakes Maple Syrup Hard Boiled Egg or Turkey Ham Potato Gems Apple Slices	16   Stuffed Crust Pizza Mini Carrots w/Ranch Dressing Chilled Diced Pears	17    Home-made Mac & Cheese Seasoned Green Beans Pretzel Bites Chilled Fruit Salad w/Raisins & Pears	18 Whole Grain Breaded Chicken Nuggets Mini-Soft Baked Pretzel Sweet Golden Corn Fresh Sunshine Sweet Orange	19  Personal Pan Pizza Cheese or Pepperoni Tossed Salad w/ Lt. Italian Dressing Warm Cinnamon-Raisin Applesauce
22  French Toast Sticks w/Maple Syrup Turkey Ham Steak or Hard Boiled Egg Hash Brown Choice of Raisins/Cherry or Blueberry Sauce	23 BAGGED LUNCH IF- MAIN CAMPUS ONLY   Pizza Sticks Marinara Dunking Sauce Tossed Salad w/Lt Italian Dressing Fresh Apple	24 (BAGGED LUNCH IF- MAIN CAMPUS ONLY) Turkey Hot Dog on an Enriched Hot Dog Bun Baked Vegetarian Beans Carrot/Raisin/Pineapple Salad	25 TRIPLE DIPPERS Whole Grain Breaded Chicken Fingers Soft Pretzel Bites Tater Tots BBQ Dipping Sauce Diced Peaches	26   Stuffed Crust Pizza Mini Carrots w/Ranch Dressing Chilled Diced Pears

Alternate Lunches

MONDAY:  
Tuna Salad Platter w/ Baked Scoops



TUESDAY:
Italian Hoagie w/ Lettuce & Tomato



WEDNESDAY
Chicken Caesar Salad w/ Fresh Croutons



THURSDAY 
 Fresh Garden Salad w/ Cheese & Crackers


FRIDAY
Bologna & Cheese on Whole Wheat Bun

ALL ARE SERVED WITH THE FRUIT OF THE DAY AND MILK


Mondays: 
Yogurt & Cracker Stackers Fun Lunch (Yogurt Cup, Ham, Cheese, Crackers), Baby Carrots, Fruit, and Milk 


Tuesdays: 
 Whole Grain Cereal Fun Lunch: Golden Grahams or Frosted Mini Wheat Cereal w/ Hard Boiled Egg, Fruit, Pure Fruit Juice, and Milk 

Wednesdays: 
Cold Pizza Bagel Fun Lunch (Bagels, Pizza Sauce & Shredded Cheese), Fruit, and Milk 

Thursdays:
 **Balanced Choices Meal:** Junior Turkey & Cheese Sub w/ Graham Crackers, Fresh Cut Oranges, 100% Fruit Juice Punch, and Milk

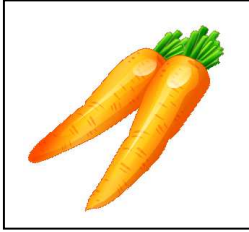
Fridays: 
 Cold Nachos Fun Lunch: Crispy Whole Grain Tortilla Shell Rounds w/ Shredded Cheddar, Salsa, Fruit, and Milk 

 **Part of making healthy diet choices means making 1/2 of your grains whole. School lunch is a great opportunity to meet your daily whole grain requirements! Look for this symbol on the menu to help you identify whole grain foods.**

 The National School Lunch Program is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap or national origin. Any person who believes that he or she has been discriminated against in any U.S.D.A. activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

A convenient on the go snack with 110 calories

**MARCH MENU MESSAGE TO PARENTS:
THIS MONTH'S SUPER FOOD**



Carotenoids are plant pigments that give carrots their orange color

A great superfood for your eyes, skin and hair

Rich in vitamin A, potassium, and fiber

Raw carrots can be orange, purple, white, red or yellow

Outstanding vegetable eaten raw, steamed, shredded as well as cut and baked as "carrot fries"

Tops should be removed before storing



DON'T FORGET: THE BREAKFAST POSTER CONTEST DEADLINE IS MARCH 5, 2010



MARCH IS NATIONAL NUTRITION MONTH

THEREFORE, COME CELEBRATE WITH US BY EATING A HEALTHY HOT LUNCH.

DURING THE MONTH OF MARCH WE WILL OFFER VARIOUS TYPES OF WHOLE GRAIN PIZZAS ON TUESDAYS AND ON FRIDAYS.

THE REST OF THE MONTH WILL BE FILLED WITH OTHER HEALTHY FAVORITES LIKE SILVER \$ PANCAKES, HOME-MADE WHOLE GRAIN MACARONI AND CHEESE AND OVEN BAKED BREADED CHICKEN WITH VEGETABLE EGG ROLLS

MARCH IS ALSO NATIONAL SAUCE MONTH

WE WILL BE SAMPLING DIFFERENT TYPES OF SAUCES THAT UTILIZE DIFFERENT HERBS & SPICES

WE WILL PLANT AN HERB GARDEN AND MONITOR ITS GROWTH
WE WILL TRY TO IDENTIFY THE SPICES AND HERBS USED IN OUR FOODS

ACTIVITY AND COLORING SHEETS WILL BE AVAILABLE AND WE WILL LAUNCH A COLORING CONTEST. THE WINNER GETS THE HERB GARDEN!

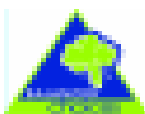
DO YOU KNOW WHAT THESE SYMBOLS STAND FOR ON THE LUNCH MENU?



WHOLE GRAIN



VEGETARIAN OPTION



BALANCED CHOICES