



































Menu

Corpus Christi School Lunch Menu March 2010 NATIONAL NUTRITION MONTH

Monday	Tuesday	Wednesday	Thursday	Friday
1  Hamburger or Cheeseburger on a Whole Wheat Roll Seasoned Green Beans Oven Baked Potato Wedges Mixed Fruit Cup Choice of Low-Fat Milk	2  Crispy Seasoned Chicken Nuggets Sweet Potato Dinner Roll Tossed Salad with Italian Dressing Fruit Choice Choice of Low-Fat Milk	3 Hot Ham & Cheese on a Bagel Crispy Tater Tots Chilled Pears Choice of Low-Fat Milk	4 Creamy Barilla Plus Mac-n-Cheese Steamed Broccoli  Whole Wheat Dinner Roll Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	5  Fresh Baked Cheese & Pepperoni Pizza Fresh Garden Salad Fat-Free Dressing Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk
Weekly Alternate: (B) Tuna Sandwich  (C) Wheat Bagel, 4 oz Yogurt & Cheese Stick  (D) Peanut Butter and Jelly Sandwich 				
8  Hot Dog on a Bun Oven Baked Potato Wedges Steamed Fresh Broccoli Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	9 Elbow Macaroni with Beef & Tomato Sauce Italian seasoned lean ground beef, tomatoes and enriched elbow macaroni offered with crispy garlic toast Golden Seasoned Corn Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	10  Crispy Seasoned Chicken Nuggets Oven Roasted Potato Tots Steamed Sliced Carrots Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	11  Sloppy Joe Sliders Mildly BBQ seasoned meat on mini whole grain rolls Seasoned Sweet Peas Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	12 Fresh Baked Whole Grain Cheese & Pepperoni Pizza Fresh Garden Salad Fat-Free Dressing Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk
Weekly Alternate: (B) Mini Bagel, Hard Boiled Egg & Orange Juice  (C) Ham & Cheese Sandwich  (D) Peanut Butter & Jelly Sandwich 				
15  Chicken Patty on Whole Wheat Bun Seasoned Mixed Vegetables Mashed Potatoes with Gravy Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	16  Pasta & Italian Meat Sauce Tossed Salad with Light Dressing Garlic Breadstick Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	17 Toasted Cheese Sandwich with Tomato Soup Cup and Crackers Fresh Baby Carrots Banana Choice of Low-Fat Milk	18  Chicken Fajita with Salsa Seasoned Corn Fresh Apple Choice of Low-Fat Milk	19 No School Professional Development Day
Weekly Alternate: (B) Turkey & Cheese Sandwich  (C) Cheerios Bowl with Yogurt  (D) Peanut Butter & Jelly Sandwich 				
22  Hot Dog on a Bun Oven Roasted Potato Wedges Steamed Fresh Broccoli Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	23  French Toast Sticks Turkey Sausage Oven Baked Hash Browns Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	24 Crispy Seasoned Chicken Nuggets Mashed Sweet Potatoes Glazed Carrots Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	25  Hard Taco Seasoned Beef Shredded Cheese Lettuce and Tomato Salsa Sauce Mexican Corn Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	26 Half Day No Lunch
Weekly Alternate: (B) Tuna Sandwich  (C) Ham & Cheese Sandwich  (D) Peanut Butter & Jelly Sandwich 				
29  Baked Stuffed Shells with Marinara Sauce Tossed Green Salad with Light Italian Dressing Whole Wheat Dinner Roll Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	30  Chicken Patty on Whole Wheat Bun Oven Baked Potato Gems Fresh Baby Carrots Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	31  Nachos With Spicy Meat, Cheese, Lettuce and Salsa Steamed Seasoned Brown Rice Fresh Fruit & Vegetable Selection Choice of Low-Fat Milk	MEALS ARE OFFERED W/CHOICE OF ENTRÉE, UNLIMITED SERVINGS OF FRUITS AND VEGETABLES, AND SKIM, LOW-FAT or .5% FLAVORED MILK All of our offerings contain ZERO GRAMS OF TRANS FATS per serving.	Student Lunch \$2.00 Reduced Price 40¢ Milk 50¢ Adult Lunch \$3.70
Weekly Alternate: (B) Chicken Salad Sandwich  (C) Wheat Bagel, 4 oz Yogurt & Cheese Stick  (D) Peanut Butter and Jelly Sandwich 				

 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!

 This month's featured menu items made w/ locally grown produce

 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 in the cafeteria to help you identify whole grain foods.

