

# Menu

## Hallsville ISD Elementary School Breakfast Menu March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Pancakes Sausage Assorted Cereal Toast w/ Jelly Orange Juice	<b>2</b> Biscuit w/ Cream Gravy Sausage Assorted Cereal Cinnamon Breadstick Fruit Juice	<b>3</b> Chicken Biscuit Assorted Cereal Cinnamon Toast Orange Juice	<b>4</b> Pancake on a Stick Assorted Cereal Toast w/ Jelly Apple Juice	<b>5</b> Breakfast Pizza Assorted Cereal Toast w/ Jelly Orange Pineapple Juice
<b>8</b> Honey Bun Sausage Assorted Cereal Toast w/ Jelly Orange Juice	<b>9</b> Biscuit w/ Cream Gravy Scrambled Eggs Assorted Cereal Toast w/ Jelly Fruit Juice	<b>10</b> Breakfast Burrito Assorted Cereal Cinnamon Toast Orange Juice	<b>11</b> French Toast Sticks Sausage Assorted Cereal Cinnamon Breadstick Apple Juice	<b>12</b> Pigs In A Blanket Assorted Cereal Toast w/ Jelly Orange Pineapple Juice
<b>15</b> Spring Break	<b>16</b> Spring Break	<b>17</b> Spring Break	<b>18</b> Spring Break	<b>19</b> Spring Break
<b>22</b> Pop Tarts Sausage Assorted Cereal Toast w/ Jelly Orange Juice	<b>23</b> Biscuit w/ Cream Gravy Scrambled Eggs Assorted Cereal Cinnamon Breadstick Fruit Juice	<b>24</b> Breakfast Burrito Assorted Cereal Cinnamon Toast Orange Juice	<b>25</b> Waffle Sticks Sausage Assorted Cereal Toast w/ Jelly Apple Juice	<b>26</b> Pigs In A Blanket Assorted Cereal Toast w/ Jelly Orange Pineapple Juice
<b>29</b> Pancake Sausage Assorted Cereal Toast w/ Jelly Orange Juice	<b>30</b> Biscuit w/ Cream Gravy Sausage Assorted Cereal Toast w/ Jelly Fruit Juice	<b>31</b> Chicken Biscuit Assorted Cereal Cinnamon Toast Orange Juice		

### Choice of Milk Offered Daily

*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*

**NATIONAL SCHOOL BREAKFAST WEEK**  
**MARCH 8-12, 2010**  
**Focus On Breakfast –**  
**Ready, Set, Go!**



# Menu

## Hallsville ISD Elementary School Lunch Menu March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> *Hamburger on Whole Grain Bun Or Crispy Tacos *Lettuce and Tomato * Whole Kernel Corn *Warm Cinnamon Applesauce	<b>2</b> Chicken Nuggets Or Hot Dog Pork n Beans Celery and Carrot Sticks w/ Ranch Mandarin Oranges	<b>3</b> Country Steak w/Cream Gravy Or Sliced Pork Roast with Brown Gravy Sweet Potatoes Herb and Lemon Green Beans Dinner Roll	<b>4</b> Spaghetti W/ Meat Balls Or *Whole Grain Chicken Fillet Sandwich *Seasoned Corn *Tossed Salad *Petite Banana	<b>5</b> *Whole Grain Cheese Pizza Or Cheese Ravioli *Potato Wedges *Chilled Fruit Cocktail Fresh Vegetable Cup
<b>8</b> Chicken Nuggets Or Burrito Spanish Rice Seasoned Green Peas Chilled Peaches	<b>9</b> Turkey Sandwich Or Corn Dog Black eyed Peas Burger Trimmings Orange Smiles	<b>10</b> Steak Fingers w/Cream Gravy Or Macaroni and Cheese w/ Ham Seasoned Carrots Broccoli Fresh Apple	<b>11</b> Crispy Chicken Wrap Or Creamy Chicken with Broccoli Steamed Spinach Seasoned Corn Tropical Fruit	<b>12</b> *Whole Grain Cheese Pizza Or Cheese Ravioli *Potato Wedges *Chilled Apricots Carrot Sticks w/ Ranch
<b>15</b> Spring Break	<b>16</b> Spring Break	<b>17</b> Spring Break	<b>18</b> Spring Break	<b>19</b> Spring Break
<b>22</b> *Chicken Nuggets Or Chicken Parmesan *Mashed Potatoes *Black eyed Peas *Dinner Roll *Chilled Pears	<b>23</b> Beef Macho Nachos Or Steak Fingers Seasoned Carrot Coins Garden Salad Chilled Peaches	<b>24</b> Ham and Cheese Sandwich Or Homemade Chili w/ Cornbread Pinto Beans Tator Tots Baked Apples	<b>25</b> BBQ Pork Sandwich Or Hamburger Baked Beans Seasoned Broccoli Blushing Pears	<b>26</b> Whole Grain Cheese Pizza Or Herbed Beef Italiano Garden Salad Mixed Vegetables Herb Bread Sticks Rosy Applesauce
<b>29</b> *Hamburger on Whole Grain Bun Or BBQ Franks *Lettuce and Tomato * Whole Kernel Corn *Warm Cinnamon Applesauce	<b>30</b> Chicken Fajitas Or Chicken Nuggets Pinto Beans Carrot Sticks w/ Ranch Homemade Peach Crisp	<b>31</b> Country Steak w/ Cream Gravy Or Chicken Spaghetti Mashed Potatoes Steamed Green Cabbage Fresh Cornbread Baked Apples	 <p>NATIONAL NUTRITION MONTH 2010            EAT. LEARN. LIVE DELICIOUSLY            SAVOR THE FLAVOR OF HERBS &amp; SPICES            A REGISTERED SERVICE MARK OF THE AMERICAN DIETETIC ASSOCIATION</p>	

### Choice of Milk Offered Daily



An asterisk(\*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.

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