

# Menu

## Hallsville ISD Intermediate 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> Chicken Biscuit Assorted Cereal Cinnamon Breadstick Fruit Juice	<b>3</b> Biscuit w/ Cream Gravy Sausage Assorted Cereal Cheese 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		 <p>NATIONAL NUTRITION MONTH 2010 EAT. LEARN. LIVE DELICIOUSLY SAVOR THE FLAVOR OF HERBS &amp; SPICES <small>A REGISTERED SERVICE MARK OF THE AMERICAN DIETETIC ASSOCIATION</small></p>

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 Intermediate 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 w/ Mustard Pork n Beans Sweet Potatoes Chilled Pineapple	<b>3</b> Cheese Pizza Or Corn Dog Carrot Sticks w/ Ranch Herb and Lemon Green Beans	<b>4</b> Spaghetti W/ Meat Balls Or *Whole Grain Chicken Fillet Sandwich *Seasoned Corn *Burger Salad *Petite Banana	<b>5</b> *Whole Grain Pepperoni Pizza Or Cheese Ravioli *Potato Wedges *Chilled Fruit Cocktail Fresh Vegetable Cup
<b>8</b> Chicken Nuggets Or Beef and Bean Burrito Spanish Rice Seasoned Green Peas Chilled Peaches	<b>9</b> Turkey Sandwich Or Corn Dog w/ Mustard Black eyed Peas Burger Trimmings Orange Smiles	<b>10</b> Steak Fingers w/ Cream Gravy Or Macaroni and Cheese w/ Ham Seasoned Carrots Steamed 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 Fresh Vegetable Cup
<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 Roll	<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 Tossed Salad Mixed Vegetables Herb Bread Sticks Chilled Apricots
<b>29</b> *Hamburger on Whole Grain Bun Or BBQ Franks *Tossed Salad * 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  <small>A REGISTERED SERVICE MARK OF THE AMERICAN DIETETIC ASSOCIATION</small></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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