

Menu

Hallsville ISD Lil' Cats School Breakfast Menu March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pancakes Sausage Orange Juice	2 Biscuit Cocoa Puffs Fruit Juice	3 Chicken Biscuit Orange Juice	4 Toast w/ Jelly Cinnamon Toast Crunch Apple Juice	5 Breakfast Pizza Toast Orange Pineapple Juice
8 Honey Bun Sausage Orange Juice	9 Biscuit w/ Jelly Trix Fruit Juice	10 Breakfast Burrito Cinnamon Toast Orange Juice	11 Cinnamon Breadstick Cocoa Puffs Apple Juice	12 Pigs In A Blanket Toast w/ Jelly Orange Pineapple Juice
15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break
22 Pop Tart Sausage Orange Juice	23 Cinnamon Breadstick Cocoa Puffs Fruit Juice	24 Breakfast Burrito Cinnamon Toast Orange Juice	25 Toast w/ Jelly Cinnamon Toast Crunch Apple Juice	26 Pigs in a Blanket Toast w/ Jelly Orange Pineapple Juice
29 Pancake Sausage Orange Juice	30 Biscuit w/ Jelly Trix Fruit Juice	31 Chicken Biscuit 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 School Breakfast –
Ready, Set, Go!



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Monday	Tuesday	Wednesday	Thursday	Friday
1 *Hamburger on Whole Grain Bun *Tossed Salad * Whole Kernel Corn *Warm Cinnamon Applesauce	2 Hot Dog Celery and Carrot Sticks w/Ranch Dressing Mandarin Oranges	3 Steak Fingers w/ Cream Gravy Sweet Potatoes Herb and Lemon Green Beans Dinner Roll	4 Whole Grain Chicken Fillet Sandwich Seasoned Corn Fresh Banana	5 *Whole Grain Cheese Pizza *Potato Wedges *Chilled Fruit Cocktail
8 *Chicken Nuggets *Seasoned Peas *Chilled Peaches *Dinner Roll	9 Corn Dog Black eyed Peas Orange Smiles	10 Steak Fingers w/ Cream Gravy Seasoned Carrots Steamed Broccoli	11 Cheesy Chicken & Noodles Seasoned Corn Tropical Fruit	12 *Whole Grain Cheese Pizza *Potato Wedges *Chilled Apricots
15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break
22 Chicken Nuggets *Mashed Potatoes *Dinner Roll *Chilled Pears	23 Steak Fingers Carrot Coins Chilled Peaches Dinner Roll	24 Ham and Cheese Sandwich Tator Tots Baked Apples	25 Hamburger Baked Beans Blushing Pears	26 Whole Grain Cheese Pizza Tossed Salad Rosy Applesauce
29 BBQ Franks Whole Kernel Corn Dinner Roll Warm Cinnamon Applesauce	30 Chicken Nuggets Pinto Beans Carrot Sticks w/ Ranch Homemade Peach Crisp	31 Steak Fingers w/ Cream Gravy Mashed Potatoes Fresh Cornbread Baked Apples		

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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