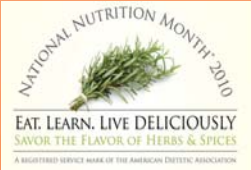


# MENU

## Hallsville ISD Middle School Breakfast March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Egg and CheeseTaco Assorted Cereal Toast w/ Jelly Orange Juice	<b>2</b> Biscuit w/ Cream Gravy Sausage Assorted Cereal Cinnamon Breadstick Apple 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> Pigs In A Blanket Assorted Cereal Toast w/ Jelly Orange Pineapple Juice
<b>8</b> Blueberry Muffin Sausage Assorted Cereal Toast w/ Jelly Orange Juice	<b>9</b> Biscuit w/ Cream Gravy Scrambled Eggs Assorted Cereal Toast w/ Jelly Orange Pineapple 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 Orange Pineapple 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 Apple 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 School Breakfast –

Ready, Set, Go!



# MENU

## HALLSVILLE MIDDLE SCHOOL

### Lunch Menu

### March 2010



#### March 1-5

- MON** Spaghetti w/ Meat Balls, Garden Salad w/ Light Dressing, Herb Bread Sticks, Chilled Peaches
- TUE** Country Steak with Cream Gravy, Mashed Potatoes, Seasoned Green Beans, Dinner Roll, Warm Cinnamon Spiced Applesauce
- WED** Macho Nachos, Refried Beans, Seasoned Corn, Chilled Mandarin Oranges
- THU** Herb Beef Italiano, Garden Salad w/ Light Ranch, Steamed Broccoli, Herb Breadstick, Rosy Pears
- FRI** Oven Fried Chicken, French Fries, Turnip Greens, Dinner Roll, Pineapple

#### March 8-12

- MON** Chicken Patty w/ Cream Gravy, French Fries, Steamed Corn, Chilled Mandarin Oranges, Dinner Roll
- TUE** Steak Fingers, Cream Gravy, Mashed Potatoes, Spicy Broccoli w/ Herbs, Applesauce, Dinner Roll
- WED** Cheesy Chicken over Rice, Carrot Sticks w/ Ranch, Green Beans, Dinner Roll, Fresh Apple
- THU** Beef Enchiladas, Mexican Rice, Pinto Beans, Corn on the Cob, Chilled Fruit Cocktail
- FRI** Chicken Tenders, Cream Gravy, Steamed Rice, Herb and Lemon Carrots, Mandarin Oranges

#### March 15-19

- MON** Spring Break
- TUE** Spring Break
- WED** Spring Break
- THU** Spring Break
- FRI** Spring Break

#### March 22-26

- MON** Creamy Chicken with Pasta, Mashed Potatoes, Seasoned Spinach, Garden Salad, Chilled Apricots, Dinner Roll
- TUE** Steak Fingers, Cream Gravy, Cheesy Rosemary Baked Potato, Broccoli, Hot Cinnamon Applesauce, Dinner Roll
- WED** Macho Nachos, Refried Beans, Seasoned Corn, Fresh Oranges
- THU** Beef Enchiladas, Mexican Rice, Pinto Beans, Seasoned Corn, Fruit Cocktail
- FRI** Sliced Pork Roast, Sweet Potatoes, Garden Salad, Dinner Roll, Warm Spiced Applesauce

#### March 29-31

- MON** Chili Cheese Dog, Pork N Beans, Fresh Broccoli w/ Light Ranch, Chilled Pineapple
- TUE** Country Steak w/ Cream Gravy, Mashed Potatoes, Green Beans, Dinner Roll, Chilled Peaches
- WED** Chicken Fajitas, Spanish Rice, Seasoned Corn, Rosy Pears



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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#### FEATURED DAILY

#### Pepperoni Pizza

*Bake Features*  
Includes: Entrée, Vegetable Sides, Choice of Fresh Fruit and Choice of Milk



#### Monday/Wednesday/Friday

#### Cheeseburger

#### Tuesday/Thursday

#### Chicken Burger

Includes : Sandwich, Sides, Fresh Fruit, and Choice of Milk



#### FEATURED DAILY

\*Chicken Strip Salad,  
Fresh Fruit, and Choice of  
Milk

