

# Menu

## Hallsville ISD Primary School Breakfast Menu March 2010

| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|---|--|---|
| <b>1</b><br>Pancakes<br>Sausage<br>Assorted Cereal<br>Toast w/ Jelly<br>Orange Juice   | <b>2</b><br>Biscuit w/ Cream Gravy<br>Sausage<br>Assorted Cereal<br>Cinnamon Breadstick<br>Fruit Juice         | <b>3</b><br>Chicken Biscuit<br>Assorted Cereal<br>Cinnamon Toast<br>Orange Juice    | <b>4</b><br>Pancake on a Stick<br>Assorted Cereal<br>Toast w/ Jelly<br>Apple Juice                   | <b>5</b><br>Breakfast Pizza<br>Assorted Cereal<br>Toast w/ Jelly<br>Orange Pineapple Juice  |
| <b>8</b><br>Honey Bun<br>Sausage<br>Assorted Cereal<br>Toast w/ Jelly<br>Orange Juice  | <b>9</b><br>Biscuit w/ Cream Gravy<br>Scrambled Eggs<br>Assorted Cereal<br>Toast w/ Jelly<br>Fruit Juice       | <b>10</b><br>Breakfast Burrito<br>Assorted Cereal<br>Cinnamon Toast<br>Orange Juice | <b>11</b><br>French Toast Sticks<br>Sausage<br>Assorted Cereal<br>Cinnamon Breadstick<br>Apple Juice | <b>12</b><br>Pigs In A Blanket<br>Assorted Cereal<br>Toast w/ Jelly<br>Orange Pineapple Juice   |
| <b>15</b><br>Spring Break  | <b>16</b><br>Spring Break  | <b>17</b><br>Spring Break   | <b>18</b><br>Spring Break  | <b>19</b><br>Spring Break   |
| <b>22</b><br>Pop Tarts<br>Sausage<br>Assorted Cereal<br>Toast w/ Jelly<br>Orange Juice | <b>23</b><br>Biscuit w/ Cream Gravy<br>Scrambled Eggs<br>Assorted Cereal<br>Cinnamon Breadstick<br>Fruit Juice | <b>24</b><br>Breakfast Burrito<br>Assorted Cereal<br>Cinnamon Toast<br>Orange Juice | <b>25</b><br>Waffle Sticks<br>Sausage<br>Assorted Cereal<br>Toast w/ Jelly<br>Apple Juice            | <b>26</b><br>Pigs In A Blanket<br>Assorted Cereal<br>Toast w/ Jelly<br>Orange Pineapple Juice   |
| <b>29</b><br>Pancake<br>Sausage<br>Assorted Cereal<br>Toast w/ Jelly<br>Orange Juice   | <b>30</b><br>Biscuit w/ Cream Gravy<br>Sausage<br>Assorted Cereal<br>Toast w/ Jelly<br>Fruit Juice             | <b>31</b><br>Chicken Biscuit<br>Assorted Cereal<br>Cinnamon Toast<br>Orange Juice   |  |  <p>NATIONAL NUTRITION MONTH 2010<br/>EAT. LEARN. LIVE DELICIOUSLY<br/>SAVOR THE FLAVOR OF HERBS &amp; SPICES<br/>A REGISTERED SERVICE MARK OF THE AMERICAN DIETETIC ASSOCIATION</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 School Breakfast –**  
**Ready, Set, Go!**



# Menu

## Hallsville ISD Primary School Lunch Menu March 2010

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