



MARCH

2010

National Nutrition Month



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pancakes w/Syrup & Turkey Links Cheeseburger Mini Sub Sandwich* Tater Tots/Baby Carrots Chunky Applesauce	 2 Dr. Seuss's Birthday One Fish, Two Fish Nuggets w/Roll Fox in Sock Ribette ABC Ham & Cheese** Green Garden Peas/Broccoli The Sneetches Peaches	3 Beef Nachos Turkey Corn Dog Mini Sub Sandwich** Golden Corn/Baby Carrots Applesauce	4 Baked Pasta with Meat Sauce and Garlic Bread Toasted Ch. Sandwich Turkey/Ch. Sandwich Tossed Salad/Dressing or Celery Sticks Pears	5 Homemade Pepperoni Pizza** Cheese Quesadilla Tuna Salad Sandwich Carrot Coins/Baby Carrots Mixed Fruit
8 >>>>>>>>> ASIA General Tsao's Chicken Italian Meatball Sub Mini Sub Sandwich** Green Beans/Baby Carrots Applesauce	9 EXPLORE MEXICO Soft or Hard Shell Tacos w/Beef or Chix Ham & Ch. Sandwich** Refried Beans or Broccoli Florets Mixed Fruit	10 WORLD GREECE Beef Gyros with Sauce Brd. Chicken Sandwich Mini Sub Sandwich** Tater Tots/Baby Carrots Peaches	11 FLAVORS PAKISTAN Honey Garlic Chicken Hamburger on Bun Turkey/Ch. Sandwich Mustard Green Beans Celery Sticks Pears Curry Rice Salad & Naan Bd.	12 <<<<<<<<<< ITALY Chicken Parm Panini Homemade Pepperoni Pizza** Tuna Salad Sandwich Carrot Coins/Baby Carrots Mixed Fruit
15 Fr. Toast Sticks & Syrup w/Turkey Pattie Cheeseburger on Bun Mini Sub Sandwich** Tater Tots/Baby Carrots Pineapple Chunks	16 Beef Nachos Turkey Corn Dog Ham & Ch. Sandwich** Golden Corn/Broccoli Florets Pears	 17 St. Patrick's Day Paddy Melt Sandwich Blarney Toasted Ch.Sand. Shillelagh Sub Sandwich** Emerald Isle Salad or Leprechaun Carrots Shamrock Applesauce Go Green Gelatin	18 Brd. Chicken Sandwich BBQ Pork Sandwich** Turkey/Ch. Sandwich Garden Peas/Celery Sticks Peaches	19 Homemade Pepperoni Pizza** Chicken Quesadilla Tuna Salad Sandwich Green Beans/Baby Carrots Mixed Fruit
22 NO CLASSES For STUDENTS	23 Cheeseburger on Bun Brd. Chicken Sandwich Ham & Ch. Sandwich Tater Tots/Broccoli Florets Mixed Fruit	24 Beef Tacos Turkey Dog on Bun Mini Sub Sandwich** Refried Beans/Baby Carrots Peaches	25 Homemade Turkey & Gravy & Dinner Rolls Italian Meatball Sub Turkey/Ch. Sandwich Mashed Potatoes or Celery Sticks Applesauce	26 Homemade Pepperoni Pizza** Sloppy Joe Sandwich Tuna Salad Sandwich Garden Peas/Baby Carrots Mixed Fruit
29 Beef Ravioli w/Garlic Bd. Toasted Ch. Sandwich Mini Sub Sandwich** Tossed Salad/Dressing or Baby Carrots Pears	30 Beef Nachos Turkey Corn Dog Ham & Ch. Sandwich Golden Corn/Broccoli Florets Applesauce	31 Pork Fried Rice with Fortune Cookie Cheeseburger on Bun Mini Sub Sandwich** Tater Tots/Baby Carrots Peaches		

We offer several entrees daily!

Choose from one of the three featured selections or Chef Salad or Homemade Cheese Pizza.

Then add at least one of Vegetable or Fruit or Milk.

Milk offered includes 1% White, Skim or 1% Chocolate. Milk is included with the full meal or \$0.50 ala carte.

**Pork Products marked with an asterisk.

LUNCH PRICES:

Full Meal \$2.40
 Reduced Meal \$.40
 Student Entrée Only \$2.40
 Adult Meal \$2.90
 Adult Entrée Only \$2.90
 (Meals include milk)

Call the Food Service Office with questions or concerns:
 Judy Swider
 708-583-6233 or
 Susan Walsh
 708-583-5463

ELM MIDDLE SCHOOL 12 SPOT LUNCH MENU



District 401 Meal Guidelines:

The food service has a system that allows money to be put on account to use for food service purchases. Students do not need to carry cash. Students need to maintain a positive account balance. Cash or checks made payable to Elmwood Park School District 401 are accepted. Notification of student account balances are sent home with the students when their accounts are at \$5.00 or less. Students and/or parents can drop payments into the deposit box located in the hall outside the main office.

Menus are subject to change without notice.

