

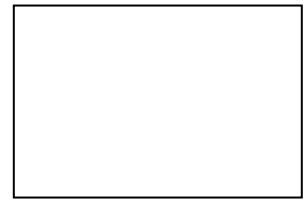
Sealston Elementary

March 2012

BREAKFAST	NO SALADS	CHICKEN FAJITA SALAD	CHEF'S SALAD	GARDEN SALAD	TUNA SALAD
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MONDAY</u> Mini Pancakes & Sausage Cereal Crackers Fruit Juice 1% Milk				1 Corn Dogs Oven Baked Fries Green Beans Fruit 1% Milk	2 <u>EARLY DISMISSAL</u> Tuna Sandwich Chips Pickles Fruit 1% Milk
<u>TUESDAY</u> Ham & Cheese Bagel Poptarts Juice Fruit 1% Milk	5 Sausage Biscuits Tator Tots Applesauce 1% Milk	6 Fajita Chicken Stir Fry Rice Peas Fruit 1% Milk	7 Beef Tacos Refried Beans Corn Fruit 1% Milk	8 Pizza Stick Marinara Sauce Salad Cup Fruit 1% Milk	9 Fish Strips Oven Baked Fries Green Beans Fruit 1% Milk
<u>WEDNESDAY</u> Breakfast Pizza Cereal Crackers Juice Fruit 1% Milk	12 Hot Dog Bun Sweet Potato Fries Fruit 1% Milk	13 Panini Pizza Lima Beans Fruit 1% Milk	14 Oriental Chicken Egg Roll Rice Broccoli Fruit 1% Milk	15 Max Sticks Marinara Sauce Peas Fruit 1% Milk	16 Fish Strips Oven Baked Fries Corn on Cob Fruit 1% Milk
<u>THURSDAY</u> Pancake Stick Poptarts Juice Fruit 1% Milk	19 Nachos & Cheese Black Beans & Rice Corn Fruit 1% Milk	20 Chicken Sandwich Sweet Potato Fries Glazed Carrots Fruit 1% Milk	21 Deli Sandwich Chips Carrot Bites Fruit 1% Milk	22 Pizza Mixed Greens Fruit 1% Milk	23 Fish Strips Oven Baked Fries Peas Fruit 1% Milk
<u>FRIDAY</u> Donuts & Yogurt Cereal Crackers Juice Fruit 1% Milk	26 Cheeseburger on Bun Sweet Potato Fries Peas Fruit 1% Milk	27 BBQ on Bun Coleslaw Succotash Fruit 1% Milk	28 Chicken Nuggets Mashed Potatoes Green Beans Fruit 1% Milk	29 Bosco Stick Marinara Sauce Corn Fruit 1% Milk	30 Fish Strips Oven Baked Fries California Blend Fruit 1% Milk

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STUDENT BREAKFAST: \$1.30 REDUCED BREAKFAST: \$.30 STUDENT LUNCH: \$1.95 REDUCED LUNCH: \$.40 ADULT BREAKFAST: \$1.95 ADULT LUNCH: \$3.10





Your School's Name

October 2010