


Washington Township School District

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joe on a bun Parsley Potatoes Applesauce	2 Chicken Patty on wheat bun Vegetable Soup/Crackers Peaches	3 Soft shell taco (meat, lettuce, cheese, tomato) Mexican rice Fruited jello	4 French toast sticks Sausage/ Syrup Banana Orange Juice	5 Triangle Pizza Tossed salad Fat free dressing Fruit or juice
Alternate #1: Bagel Bag (Bagel w/ cream cheese, trix yogurt, carrot sticks, apple juice milk. Alternate # 2: Veggie Burger & cheese on bun				
8 Hot dog on bun Mashed potatoes Sauerkraut Applesauce	9 Chicken nuggets Green beans Dinner roll Peaches	10 Twin tacos (meat, cheese, lettuce, tomato) Corn Pineapple chunks	11 Pancakes & sausage Hash browns Orange halves Blueberries	12 Rosato's Pizza Cole slaw Choice of fruit
Alternate #1: Chef salad w/ ham, hard boiled egg & crackers Alternate # 2: Hamburger on a bun				
15 Pasta shells Meatballs and sauce Garden salad Hot pretzel Pears	16 Chicken stix & Fries BBQ sauce Cooked carrots Soft roll Fruit	17 Nacho Taco salad (meat, cheese, lettuce, tomato) Steamed rice Applesauce	18 Waffles & sausage Hash browns Hot cinnamon apple slices Orange/pineapple juice	19 ~EARLY DISMISSAL~ NO LUNCH SERVED
Alternate #1: Tuna salad w/ lettuce on wheat bun Alternate # 2: Cheese sandwich on whole grain bread				
22 Grilled cheese sandwich Tomato soup Crackers Fresh broccoli Mixed fruit	23 Chicken patty on bun Green beans Applesauce Chocolate pudding	24 Taco with shell (meat, cheese, lettuce, tomato) Steamed rice w/ beans Fruited jello	25 Breakfast burrito (ham, egg, & cheese) Banana Choice of juice	26 Rosato's pizza Fresh vegetables w/ dip Choice of fruit
Alternate #1: Fish sandwich on wheat bun Alternate # 2: Cheese sandwich on whole grain				
29 Pork roll on a bun Baked beans Applesauce Vanilla or chocolate pudding	30 Grilled chicken on a bun (lettuce & tomato) Steamed broccoli peaches	31 Soft shell taco (meat, cheese, lettuce, tomato) Salsa Steamed rice Fruited jello		
Alternate #1: Deli turkey and lettuce on bun Alternate # 2: Tuna salad wrap				

Lunch: \$2.50
Extra Main: \$1.40
Milk: \$.50

Choice of flavored or unflavored low fat milk with all meals.

MENU SUBJECT TO CHANGE.

A variety of snacks will be sold daily at Brass Castle and Port Colden

ICE CREAM.....\$.75
COOKIE.....\$.35
CHIPS.....\$.50
HOT PRETZEL.....\$.75
BOTTLED WATER.....\$.75

Happy St. Patrick's Day!

ALTERNATE LUNCH INCLUDES FRUIT/VEGETABLE & MILK.



Lunch tickets sold on Friday

Make checks payable to:

WASHINGTON TOWNSHIP CAFETERIA

