



Alisal Elementary School District
Breakfast and Lunch
March 2010

Meals are at no charge to Alisal School District enrolled students. **All others meals, breakfast \$2.00, lunch \$3.50 and milk .35 each.** Strawberry milk is offered on Tuesdays and chocolate milk is offered on Thursdays. We now offer chocolate, strawberry and white milk at breakfast. **À La Carte Main Dish \$1.50. À La Carte additional items \$1.00. Salad Bar only \$1.25.**

Menu is subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Cereal, Whole Grain Crackers, Fruit Cup, Milk</p> <hr/> <p>Uncrustables, Garden Salad w/ Dressing, Green Beans, Baby Carrots w/ Dip, Diced Peaches, Milk</p>	<p>2 <u>Dr. Seuss' Birthday</u> Whole Wheat Cereal Bar, Tricks Yogurt, Applesauce, Milk</p> <hr/> <p>Bean & Cheese Burrito, Coleslaw w/ Dressing, Sugar Snap Peas w/ Dip, Jicama w/ Chili and Lemon, Diced Pears, Green Egg Cookie, Salsa, Milk</p> 	<p>3 Whole Wheat Sweet Bread, Diced Pears, Milk</p> <hr/> <p>Hamburger / Bun, Chili Beans, Garden Salad w/ Dressing, Corn, Diced Pears, Kiwi, Milk</p>	<p>4 Whole Grain Banana Muffin, Applesauce, Milk</p> <hr/> <p>Orange Chicken, White Rice, Garden Salad w/ Dressing, Baby Carrots w/ Dip, Luau Mix, Milk</p>	<p>5 Multigrain Buttermilk Bar, Mixed Fruit, Milk</p> <hr/> <p>South West Bean and Cheese Max Stick, Garden Salad w/ Dressing, Corn, Garbanzo Beans, Mandarin Oranges, Salsa, Milk</p>
<p>8 Cereal, Whole Grain Crackers, Fruit Cup, Milk</p> <hr/> <p>Pre-made Ham and Cheese Sandwich, Lettuce / Pickles, Three Bean Salad w/ Vinaigrette Dressing, Baby Carrots w/ Dip, Oranges, Diced Pears, Mustard, Ketchup, Milk</p>	<p>9 Cranberry Bread, Tropical Fruit Mix, Milk</p> <hr/> <p>Hot Dog w/ Bun, Veggie Beans, Garden Salad w/ Dressing, Tomatoes Wedges, Bananas, Fruity Jell-O, Mustard, Ketchup, Milk</p>	<p>10 Whole Wheat Sweet Bread, Peaches, Milk</p> <hr/> <p>Chicken Egg Roll, Rice Pilaf, Garden Salad w/ Dressing, Corn, Jicama w/ Lemon and Chili, Diced Pears, Ketchup, Milk</p>	<p>11 Whole Grain Lemon Muffin, Diced Pears, Milk</p> <hr/> <p>Turkey Fajitas, Green Salad w/ Dressing, Garbanzo Beans, Oranges, Whole Wheat Roll, Salsa, Milk</p>	<p>12 Whole Wheat Cinnamon Bun, Oranges, Milk</p> <hr/> <p>Cheesy Quesadilla, Garden Salad w/ Dressing, Baby Carrots w/ Dip, Corn, Peaches, Salsa, Milk</p>
<p>15 Cereal, Cheese Stick, Applesauce, Milk</p> <hr/> <p>Chicken Corn Dog, Coleslaw w/ Dressing, Garbanzo Beans, Peaches, Luau Mix, Mustard, Ketchup, Milk</p>	<p>16 Whole Wheat Cereal Bar, Tricks Yogurt, Kiwi, Milk</p> <hr/> <p>Salisbury Steak, Mashed Potatoes, Garden Salad w/ Dressing, Garbanzo Beans, Whole Wheat Roll, Ketchup, Milk</p>	<p>17 <u>St Patrick's Day</u> Whole Wheat Sweet Bread, Peaches, Milk</p> <hr/> <p>Pork Rib Patties w/ Bun, Lettuce / Pickles, Coleslaw w/ Green Beans, Green Fruity Jell-O, Kiwi, Mustard, Ketchup, Milk</p> 	<p>18 Whole Grain Lemon Muffin, Applesauce, Milk</p> <hr/> <p>Teriyaki Chicken, Rice Pilaf, Garden Salad w/ Dressing, Baby Carrots w/ Dip, Diced Peaches, Apples, Milk</p>	<p>19 Multigrain Buttermilk Bar, Kiwi, Milk</p> <hr/> <p>Pizza, Garden Salad w/ Dressing, Baby Carrots w/ Dip, Garbanzo Beans, Pineapple, Milk</p>
<p>22 Cereal, Whole Grain Crackers, Fruit Mix, Milk</p> <hr/> <p>Hamburgers/ Bun, Lettuce/ Pickles, Three Bean Salad w/ Vinaigrette Dressing, Baby Carrots w/ Dip, Applesauce, Oranges, Mustard, Ketchup, Milk</p>	<p>23 Whole Grain Cereal Bar, Tricks Yogurt, Oranges, Milk</p> <hr/> <p>Bean and Cheese Burrito, Spinach Salad w/ Dressing, Garbanzo Beans, Fruity Jell-O, Apples, Milk</p>	<p>24 Whole Wheat Sweet Bread, Apples, Milk</p> <hr/> <p>Beef Teriyaki Nuggets, Garden Salad w/ Dressing, Garbanzo Beans, Tomato Wedges, Luau Mix, Whole Grain Crackers, Milk</p>	<p>25 Whole Grain Banana Muffin, Diced Pears, Milk</p> <hr/> <p>Chicken Chili Verde, Rice Pilaf, Garden Salad w/ Dressing, Garbanzo Beans, Corn, Strawberries, Salsa, Milk</p>	<p>26 Cereal, Whole Grain Crackers, Applesauce, Milk</p> <hr/> <p>Uncrustables, Garden Salad w/ Dressing, Sugar Snap Peas w/ Dip, Dice Pears, Mandarin Oranges, Milk</p>