




Shades Cahaba Elementary School Breakfast & Lunch Menu - March 2010



Mon	Tue	Wed	Thu	Fri
<p style="text-align: center;">1</p> <p>*Waffle Sticks *Sausage Pattie Mandarin Oranges</p> <hr/> <p>Crispitos Chicken Fajitas Whole Kernel Corn Mexican Beans Brown Rice Shredded Romaine Diced Tomatoes Salsa/Sour Cream Mandarin Oranges Fresh Apple</p>	<p style="text-align: center;">2</p> <p>*Sausage Biscuit Chilled Pears</p> <hr/> <p style="text-align: center;">Pizza</p> <p>Turkey and Cheese Sandwich Baked Fries Steamed Broccoli Corn on the Cob Tossed Romaine Salad Chilled Pears Fresh Fruit of the Day</p>	<p style="text-align: center;">3</p> <p>*French Toast Sticks Applesauce</p> <hr/> <p style="text-align: center;">Chili</p> <p>Toasted Cheese Sandwich Cheeseburger Baked Beans Baked Potato Half Tossed Romaine Salad Applesauce Banana</p>	<p style="text-align: center;">4</p> <p>*Egg/Cheese/Ham Omelet on Toast Chilled Peaches</p> <hr/> <p style="text-align: center;">Baked Lasagna Corndog Green Beans Tossed Romaine Salad WW French Bread Chilled Peaches Fresh Fruit of the Day</p>	<p style="text-align: center;">5</p> <p>*Pancakes Chilled Pineapple</p> <hr/> <p>Chicken Nuggets Fish Nuggets Creamed Potatoes Chicken Gravy Black-Eyed Peas Collard Greens Squash Casserole WW Cornbread Chilled Pineapple Fresh Fruit of the Day</p>
<p style="text-align: center;">8</p> <p>*Ham and Cheese Bagel/Jelly *Low Fat Yogurt Mandarin Oranges</p> <hr/> <p><u>Breakfast for Lunch</u> Scrambled Eggs Chicken Sandwich Baked Ham Sausage Grits Potato Rounds Hot Biscuits Mandarin Oranges Fresh Apple</p>	<p style="text-align: center;">9</p> <p>*Ham and Cheese Biscuit Chilled Pears</p> <hr/> <p style="text-align: center;">Hotdog/Sauerkraut Fish Sandwich Tartar Sauce Baked Fries Baked Beans Coleslaw Banana Pudding Chilled Pears Fresh Fruit of the Day</p>	<p style="text-align: center;">10</p> <p>*Breakfast Pizza Fruit Cocktail</p> <hr/> <p style="text-align: center;">Tacos</p> <p>Chicken Fajitas Mexican Beans Brown Rice Whole Kernel Corn Shredded Romaine Diced Tomato Salsa/Sour Cream Fruit Cocktail Banana</p>	<p style="text-align: center;">11</p> <p>*Pancakes Chilled Peaches</p> <hr/> <p style="text-align: center;">Pizza</p> <p>Cheeseburger Green Beans Baby Baker Potatoes Tossed Romaine Salad Chilled Peaches Fresh Fruit of the Day</p>	<p style="text-align: center;">12</p> <p>*Egg/Cheese /Ham Biscuit *Hash Brown Potatoes Chilled Pineapple</p> <hr/> <p style="text-align: center;"><u>Sack Lunch</u></p> <p>Sandwich Fruit of the Day Baked Sun Chips Veggie Dippers Milk</p>
<p style="text-align: center;">15</p> <p><u>Offered Daily:</u> Choice of Milk Assorted Fruit Chef Salad</p> <p style="text-align: center;">March is: National Nutrition Month</p> <p style="text-align: center;">March 8-12 is: National School Breakfast Week</p>	<p style="text-align: center;">16</p> <p><u>Breakfast Includes:</u></p> <p style="text-align: center;">Milk Fruit <u>OR</u> Juice</p> <p style="text-align: center;"><u>AND</u></p> <p style="text-align: center;">Wheat Toast/Cereal <u>OR</u> *Breakfast Special</p>	<p style="text-align: center;">17</p> 	<p style="text-align: center;">18</p> <p style="text-align: center;">February Fruit and Veggie of the month is:</p> <p style="text-align: center;">Banana Carrots</p>	<p style="text-align: center;">19</p> <p><u>Breakfast Includes:</u></p> <p style="text-align: center;">Milk Fruit <u>OR</u> Juice</p> <p style="text-align: center;"><u>AND</u></p> <p style="text-align: center;">Wheat Toast/Cereal <u>OR</u> *Breakfast Special</p>
<p style="text-align: center;">22</p> <p>*Egg/Cheese/Ham Omelet on Toast Oatmeal Mandarin Oranges</p> <hr/> <p>Chicken Nuggets Creamed Potatoes Chicken Gravy Black-Eyed Peas Turnip Greens WW Roll Mandarin Oranges Fresh Apple</p>	<p style="text-align: center;">23</p> <p>*Waffle Sticks *Sausage Link Chilled Pears</p> <hr/> <p style="text-align: center;">Pizza</p> <p>Sandwich of the Day Sun Chips Steamed Broccoli Succotash Veggie Dippers Chilled Pears Fresh Fruit of the Day</p>	<p style="text-align: center;">24</p> <p>*Pancakes Applesauce</p> <hr/> <p style="text-align: center;">Cheeseburger Sandwich of the Day Baked Beans Baked Fries Shredded Romaine Sliced Tomatoes Dill Slices Applesauce Banana</p>	<p style="text-align: center;">25</p> <p>*Sausage Biscuit Grits Chilled Peaches</p> <hr/> <p>Baked Chicken Sweet Potato Souffle Baby Lima Beans Steamed Cabbage Corn on the Cob WW Cornbread Chilled Peaches Fresh Fruit of the Day</p>	<p style="text-align: center;">26</p> <p>*French Toast Sticks Chilled Pineapple</p> <hr/> <p>Spaghetti/Meat Sauce Chicken Parmesan Green Beans Seasoned Corn Fresh Spinach Salad WW French Bread Chilled Pineapple Fresh Fruit of the Day</p>
<p style="text-align: center;">29</p> <p>*Ham/Cheese English Muffin Mandarin Oranges</p> <hr/> <p>Chicken Tenders Brown Rice/Gravy Black-Eyed Peas Steamed Squash WW Roll Mandarin Oranges Fresh Apple</p>	<p style="text-align: center;">30</p> <p>*Pancakes Chilled Pears</p> <hr/> <p>Stromboli/Marinara Sauce Cheeseburger Sun Chips Whole Kernel Corn Steamed Broccoli Veggie Dippers Chilled Pears Fresh Fruit of the Day</p>	<p style="text-align: center;">31</p> <p>*Sausage Biscuit *Grits Fruit Cocktail</p> <hr/> <p>Turkey and Dressing Baked Ham Cranberry Sauce Green Beans Broccoli with Cheese Sweet Potato Souffle WW Rolls Fruit Cocktail Banana</p>	<p style="text-align: center;">Theresa Pitts CNP Manager 423-2551</p> <hr/> <p style="text-align: center;"><u>Breakfast/Lunch Prices</u> Students \$1.25/\$1.75 Reduced \$.30/\$.40 Faculty \$1.50/\$2.50 Guests \$2.00/\$3.75</p>	