



HARRISONBURG CITY SCHOOLS MENU

Keister, Smithland, Spotswood, Stone Spring, Waterman Elementary Schools

March 1 - 30, 2012



Entrée Salads are made with fresh, locally grown lettuce, assorted raw veggies, and two ounces of meat and cheese and are served with a whole grain breadstick, roll, or crackers.

Local foods being served this month include apples, lettuce, ground beef and hamburgers, bagels and homemade rolls.

Choose one entrée, two fruits and vegetables, and a milk for a complete lunch.

			Mar. 1	Mar. 2
			BREAKFAST: Fresh Fruit or Fruit Juice Bananaberry Muffin w/Yogurt Milk LUNCH: Soft Shell Taco w/ Brown Rice or Entrée Salad Seasoned Black Beans Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Mr J's Bagel w/ Cream Cheese Milk LUNCH: Whole Grain Corn Dog or Entrée Salad Green Beans Fruit Assortment Milk
Mar. 5	Mar. 6	Mar. 7	Mar. 8	Mar. 9
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: "Breakfast for Lunch" French Toast w/ Turkey Sausage or Entrée Salad Seasoned Potatoes Fruit Assortment Milk	Schools Closed Conference Day	BREAKFAST: Fresh Fruit or Fruit Juice Blueberry Waffle Milk LUNCH: Stuffed Crust Cheese Pizza or Entrée Salad Cucumber Wheels w/Dip Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Whole Grain Cinnamon Bun Milk LUNCH: Spaghetti w/Meat Sauce & Wheat Roll or Entrée Salad Side Salad Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Mr J's Bagel w/ Cream Cheese Milk LUNCH: Cheeseburger w/ Lettuce & Tomato or Entrée Salad Seasoned Lima Beans Fruit Assortment Milk
Mar. 12	Mar. 13	Mar. 14	Mar. 15	Mar. 16
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: Turkey Hot Dog or Entrée Salad Bell Pepper Strips w/Dip Fruit Assortment Milk - Sunchips	BREAKFAST: Fresh Fruit or Fruit Juice Scrambled Eggs w/ Wheat Toast Milk LUNCH: Lasagna w/ Wheat Roll or Entrée Salad Side Salad Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Whole Grain Pancakes Milk LUNCH: Flatbread Cheese Pizza or Entrée Salad Steamed Spinach Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Whole Grain Apple Roll Milk LUNCH: Honey-Lemon Chicken Breast on Bun or Entrée Salad Green Beans Fruit Assortment Milk - Oatmeal Raisin Cookie	BREAKFAST: Fresh Fruit or Fruit Juice Mr J's Bagel w/ Cream Cheese Milk LUNCH: Fish Bites w/ Brown Rice or Entrée Salad Baked Beans Fruit Assortment Milk
Mar. 19	Mar. 20	Mar. 21	Mar. 22	Mar. 23
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: Chicken Fillet Sandwich w/Lettuce & Tomato or Entrée Salad Sweet Potato Puffs Fruit Assortment Milk - State Capital Cookies	BREAKFAST: Fresh Fruit or Fruit Juice Ham, Egg & Cheese Breakfast Sandwich Milk LUNCH: Hamburger w/ Lettuce & Tomato or Entrée Salad Buttered Peas Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Mini Pancakes Milk LUNCH: Whole Grain Pepperoni Pizza or Entrée Salad Cucumber Wheels w/Dip Fruit Assortment Milk - Mini Pretzels	BREAKFAST: Fresh Fruit or Fruit Juice Sausage, Egg and Cheese Frittata Milk LUNCH: Roasted Chicken w/ Wheat Roll or Entrée Salad Side Salad Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Mr J's Bagel w/ Cream Cheese Milk LUNCH: Macaroni & Cheese w/ Breadstick or Entrée Salad Steamed Broccoli Fruit Assortment Milk
Mar. 26	Mar. 27	Mar. 28	Mar. 29	Mar. 30
BREAKFAST: Fresh Fruit or Fruit Juice Breakfast Pizza Milk LUNCH: Chicken Fajita w/Brown Rice or Entrée Salad Side Salad Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Cheese Omelet w/ Wheat Toast Milk LUNCH: Grilled Ham & Cheese Sandwich or Entrée Salad Vegetable Soup Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Cinnamon French Toast Milk LUNCH: Cheese Filled Breadsticks w/ Sauce or Entrée Salad Raw Broccoli & Cauliflower w/ Dip Fruit Assortment Milk - Animal Crackers	BREAKFAST: Fresh Fruit or Fruit Juice Egg & Cheese Burrito Milk LUNCH: Macaroni & Beef w/ Wheat Roll or Entrée Salad Grape Tomatoes w/Dip Fruit Assortment Milk	BREAKFAST: Fresh Fruit or Fruit Juice Mr J's Bagel w/ Cream Cheese Milk LUNCH: Bean and Cheese Burrito or Entrée Salad Mixed Veggies Fruit Assortment Milk

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VEGETARIAN ENTREES AVAILABLE DAILY. PLEASE LET THE CAFETERIA MANAGER KNOW IF YOUR CHILD NEEDS A VEGETARIAN MEAL. MENUS MAY CHANGE DUE TO AVAILABILITY OF PRODUCTS ASSORTED COLD CEREAL WITH MILK AND GRAHAM CRACKERS AND JUICE IS OFFERED DAILY AS A BREAKFAST CHOICE. DAILY PRICES - BREAKFAST \$.75, LUNCH \$1.50 - REDUCED BREAKFAST \$.30 - LUNCH \$.40, ADULTS - BREAKFAST \$1.50, LUNCH \$2.75 NUTRITION INFORMATION IS AVAILABLE BY CALLING ANDREA EARLY AT THE SCHOOL NUTRITION PROGRAM OFFICE 437-3300 OR BY EMAIL AT aearyl@harrisonburg.k12.va.us