

LUNCH PRICES

Elementary	\$1.90
Middle	\$2.25
High	\$2.40
Adult	\$2.65

A La Carte Items

String Cheese	\$.50
Yogurt/Capri Sun	\$.75
Water-8 oz.	\$.50
Sunflower Seeds	\$.60
Low Fat Ice Cream	\$.65
Juice Bar	\$.50
Pot Tart, Goldfish	
Animal Crackers, etc	\$.60

March, 2011

Elementary Lunch



Menu subject to change due to availability.

Parents are encouraged to prepay for student meals.

National Nutrition Month Poster Contest March 2011

To promote the District's Wellness Policy, the Broward County Dietetic Association is sponsoring a poster contest for the students of Broward County. Students are asked to share what one of the nutrition themes listed below means to them. The Grand Prize winner will receive a \$100 gift certificate with an honorable mention prize for each primary grade winner, middle school and high school.

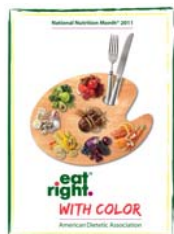
Theme options:

- Eat Right with Color
- Plant Power
- Snack Smart
- Power Up with Breakfast

Go to www.broward.k12.fl.us/foodservice for details and contest regulations.

Deadline: April 21, 2011.

Sponsored by the Broward County Dietetic Association, winner of the 2008 BCPS Partner of the Year Award.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Schools Closed for Spring Break March 14 - March 18</i></p>	<p>1 Spaghetti & Meat Sauce Chicken Salad/Wheat Bun Assorted Entrée Salads</p> <p>Garlic Wheat Bread Sticks Fresh Garden Salad Chilled Bartlett Pears Fresh Fruit Milk - White or Choc</p>	<p>2 Hot Ham & Cheese Sandwich Jamaican Beef Patty Assorted Entrée Salads</p> <p>Hearty Tomato Soup Chilled Applesauce Fresh Fruit Milk - White or Choc*</p>	<p>3 Baked Corn Dog On A Stick Honey BBQ Beef Rib /Wheat Bun Assorted Entrée Salads 100% Grape Juice Baked Potato Wedges Fresh Fruit Milk - White or Choc*</p>	<p>4 Pepperoni Pizza Vegetarian Chili Bowl** Assorted Entrée Salads</p> <p>Steamed Rice Diced Tomato/Lettuce Key West Vegetables Fresh Fruit Milk - White or Choc*</p>
<p>7 Oven Baked Chicken Patty/Wheat Bun Asian Egg Roll Assorted Entrée Salads</p> <p>Chilled Mixed Fruit Whole Kernel Corn Fresh Fruit Milk - White or Choc*</p>	<p>8 Turkey Taco Over Rice Tuna Salad/Wheat Bun Assorted Entrée Salads</p> <p>Steamed Rice Diced Tomato/Lettuce Chilled Peach Slices Fresh Fruit Milk - White or Choc*</p>	<p>9 All Beef Hot Dog / Wheat Bun Macaroni n' Cheese Assorted Entrée Salads Flaky Biscuit Seasoned Baked Beans Chilled Pineapple Chunks Fresh Fruit Milk - White or Choc*</p>	<p>10 Flame-Broiled Cheeseburger/Wheat Bun Turkey Ham & Cheese/Wheat Bun Assorted Entrée Salads Sliced Tomato/Lettuce Baked Sweet Potato Wedges Fresh Fruit Milk - White or Choc*</p>	<p>11 Cheese Pizza Baked Fish Nuggets Assorted Entrée Salads</p> <p>Steamed Broccoli 100% Green Apple Juice Fresh Fruit Milk - White or Choc*</p>
<p>21 Baked Golden Chicken Nuggets Tuna Salad/Wheat Bun Assorted Entrée Salads Whipped Potatoes Chilled Fruit Mix Fresh Fruit Milk - White or Choc*</p>	<p>22 Spaghetti & Meat Sauce Turkey & Cheese/Wheat Bun Assorted Entrée Salads Garlic Wheat Bread Sticks Seasoned Green Beans Chilled Bartlett Pears Fresh Fruit Milk - White or Choc*</p>	<p>23 Baked Fish Nuggets Oven Grilled Cheese Sandwich Assorted Entrée Salads Hearty Tomato Soup Sliced Tomato/Lettuce Fresh Fruit Milk - White or Choc*</p>	<p>24 Oven Fried Chicken Fresh Egg Salad/Wheat Bun Black Beans & Rice Entree** Assorted Entrée Salads Steamed Rice Plantains Latin Style Black Beans Fresh Fruit Milk - White or Choc*</p>	<p>25 Chicken Quesadilla Beef Teriyaki Dippers Assorted Entrée Salads Krystal Bun 100% Grape Juice Au Gratin Potatoes Fresh Fruit Milk - White or Choc*</p>
<p>28 Oven Baked Chicken Patty/Wheat Bun Tuna Salad/Wheat Bun Assorted Entrée Salads Chilled Peach Slices Baked Oven Fries Fresh Fruit Milk - White or Choc*</p>	<p>29 Beef Taco Turkey Ham & Cheese/Wheat Bun Assorted Entrée Salads Diced Tomato/Lettuce 100% Fruit Blend Juice Steamed Rice Fresh Fruit Milk - White or Choc</p>	<p>30 Teriyaki Chicken Fresh Egg Salad/Wheat Bun Assorted Entrée Salad Chilled Pineapple Chunks Oriental Blend Vegetables Chow Mein Noodles Steamed Rice Fresh Fruit Milk - White or Choc*</p>	<p>31 Flame-Broiled Beef Burger/Wheat Bun Bean & Cheese Burrito Assorted Entrée Salads Sliced Tomato/Lettuce Whole Kernel Corn Fresh Fruit Milk - White or Choc*</p>	

Each day we offer freshly made, pre-packaged entrée salads of garden greens topped with fresh vegetables and the chef's selection of roast turkey or ham, cheese, sliced chicken patty, tuna salad, egg salad or taco meat with a choice of dressing. **A vegan (no meat/cheese/dairy) hot entrée. Our entrée salads are available daily with legumes and sunflower seeds instead of meat or cheese

*Only reduced fat milk is served.



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