

Barnstable Elementary Schools March 2009

If you have any questions, please call the Director of Dining Services: Susan Murray 508-778-0563

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Patty on a Roll Lettuce, Tomato & Ketchup Tossed Salad Chocolate Chip Cookie Dr. Seuss's Birthday	3 Breakfast for Lunch Whole Wheat French Toast Sticks w/Syrup Pan Seared Canadian Bacon Raisins, Apricots	4 Baked Mac & Cheese Pretzel Seasoned Green Beans Rosy Apple Sauce National Breakfast Week	5 Roasted Turkey Dinner Mashed Potato w/Gravy Seasoned Peas Cranberry Sauce Dinner Roll	6 Pizzeria Pizza Caesar Salad Dressing Fruit Cocktail
Weekly Alternates: <i>Ham & cheese sandwich • Hamburger or Cheeseburger on a Bun • Chicken Salad on a Salad</i>				
9 Beef and Bean Burrito w/Cheese Fiesta Rice Seasoned Peas Chilled Pears	10 Oven Fried Chicken Mashed Potato w/Gravy Seasoned Corn Chilled Apricots	11 American Chop Suey Seasoned Carrots Cheesy Garlic Toast Orange Juice Shape-Up	12 Popcorn Chicken Oven Baked Potato Wedges Seasoned Green Beans Whole Wheat Dinner Roll Chilled Cinnamon Pears	13 Pizzeria Pizza Seasoned Corn Fresh Apple Graham Crackers
Weekly Alternates: <i>Turkey sandwich • Bagel & egg lunch • Chicken Caesar Salad</i>				
16 Baked Breaded Chicken Nuggets w/Duck Sauce Oriental Fried Rice Peaches	17 Chunky Chicken and Gravy over Rice Seasoned Carrots Whole Wheat Dinner Roll St. Patrick Day Jell-O w/Topping	18 Pasta w/Italian Meat Sauce Garlic Toast Seasoned Peas Chilled Pears	19 Scrambled Hamburger w/Gravy Mashed Potato Corn Whole Wheat Dinner Roll	20 Pizzeria Pizza Tossed Salad w/Dressing Orange Smiles
Weekly Alternates: <i>Italian Sub • Spicy Chicken Patty on a Bun • Chef Salad</i>				
23 Hot Dog on a Bun Oven Baked Potato Wedges Peas & Carrots Apple Sauce	24 Turkey and Gravy Mashed Potato Whole Wheat Dinner Roll Seasoned Peas Cranberry Sauce Strawberry Shape-Up	25 Spaghetti w/Meat Sauce Whole Wheat Garlic Bread Tossed Salad w/Light Dressing Peaches	26 Chicken Nugget Tacos Corn Orange	27 Pizzeria Pizza Vegetable Pasta Salad Pears
Weekly Alternates: <i>Bologna & Cheese Sandwich • Nachos w/Beef & Cheese • Tuna on a Salad</i>				
30 Sloppy Joe Scoops Baked Beans Orange	31 Grilled Cheese Sandwich Tomato Soup Carrot/Celery Sticks Ranch Dressing Jell-O w/Topping	Free Lunch = Free Breakfast Reduced Lunch \$.40 = Reduced Breakfast \$.30 Paid Lunch \$2.00 = Paid Breakfast \$1.00		OFFERED DAILY Peanut Butter & Jelly Sandwiches <i>*Sunflower Butter is offered in all schools</i>
Weekly Alternates: <i>Ham & cheese sandwich • Hamburger or Cheeseburger on a Bun • Chicken Salad on a Salad</i>				

* Menus subject to change

Meal Price: \$2.00

All meals are served with a choice of milk (Low fat, coffee or chocolate). Side dishes, such as fruit (fresh or chilled) and vegetables are available daily with the meal.

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