



Sunderland Elementary

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1. Nachos & cheese, Taco meat, salsa, sour cream, gr. Beans, pears	2. Ravioli, marinara, garlic bread, corn, apricots	3. Turkey & Gravy, mashed potatoes, peas, cranberry sauce, peaches	4. Burger on bun, baked chips, cheese, salad bar, carrots, Mixed Fruit	5. Fish Nuggets, tartar sauce, tater tots, cole slaw, salad bar, Apples
8. Hot Dog, baked beans, baked chips, corn, apricots	9. Fr. Toast Stix, sausage, syrup, hash brown, applesauce, peaches	10. Spaghetti, meat sauce or marinara, garlic bread, green beans, mixed fruit	11. Popcorn Chicken, Rice, Peas, wheat bread & butter, Pears	12, W.G. Pizza, Homemade chicken Rice Soup, Carrots, choice of fruit
15. Macaroni & cheese, garlic bread, peas, pears	16. Meatball grinder, tots, gr. Beans, mixed fruit	17. Baked Chicken, Rice, corn, peaches	18. Shepherd Pie, cornbread, carrots, apricots	19. Grilled Cheese sandwich, Tomato soup, pasta side, choice of fruit
22. Baked Potato, broccoli, cheese sauce, chili, garlic bread, mixed fruit	23. Chicken Nuggets, Rice, Gr. Beans, salad bar, peaches	24. Spaghetti, meat sauce or marinara, cornbread, corn, pear	25. Waffle Stix, sausage, syrup, hash brown, applesauce	26, W.G. Pizza, homemade Chicken Noodle Soup, peas, choice of fruit
29. Nachos & cheese, taco meat, rice, salsa, carrots, apricots	30. Burger/ bun, baked chips cheese, corn, salad bar, pears	31. Chicken Patty on bun, tater tots, Gr. Beans, marinara, peaches	MENU SUBJECT TO CHANGE! Student Lunch: \$2.75 includes drink	Deli sandwiches & chef salads are offered daily as alternate meals

Families know that kids who **EAT SMART** and **PLAY HARD** do better in school!

Our school is preparing healthier meals by serving low-fat dairy products, more fruits and veggies, whole grains and dried beans (to increase fiber), and lower fat entrées. **Contact the school food service department to see what healthy changes we are making!**

There are lots of things you can do right around your house or neighborhood to get fit and have fun. This month pull on your boots and go for a family walk around the neighborhood. See if you can dodge the mud and puddles.



What food am I?
I am...

- Green
- Leafy
- Popeye's favorite food
- High in Vitamins A and C

Answer: Spinach