












Hartnett Middle School

March 2010 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger Sliders w/ Lettuce & Tomato Pickles Tator Smiles  Fruit 	2 Breakfast For Lunch French Toast, Sausage Eggs Home Fries Fruit Juice	3 Macho Nachos Lettuce & Salsa Fiesta Rice Orange Smiles	4 Steak & Cheese Sub Onions & Peppers Fruit Juice 	5 Pizza Bar  Plain, Pepperoni White & Buffalo Fresh Veggie & Dip Fruit
8 Spaghetti & Meatballs Crusty Roll Salad w/Spinach Fruit	9 Popcorn Chicken  Dinner Roll Mashed Potato Gravy & Corn Fruit	10 Taco Salad w/Beef & Cheese Tostitio Shells Shredded Lettuce Salsa Fruit	11 Appetizer Plate w/Nachos & Cheese Popcorn Chicken Steamed Broccoli  Fruit	12 PD Day No School
15 Meatball Sub Seasoned Pasta Fruit	16 Cookie Day Chicken Nuggets Brown Rice Steamed Broccoli Roll Fruit	17 Foot Long Hot Dog on Roll w/Cheese or Meat Oven Fries Baked Beans Fruit	18 Sheperd's Pie w/Beef, Corn, Potato Fruit	19 Pasta Bar  Meat or Marinara Sauce Caesar Salad Garlic Bread Stick Fruit
22 Grilled Cheese Mega Noodle Soup Veggie Sticks Low fat Ranch Fruit	23 Pasta W/Meatsauce  Garlic Bread Caesar Salad Rainbow Apples	24 Bosco Mozzarella Bread Sticks Marinara Carrots & Cauliflower Fruit	25 Pudding Day Chicken Cordon Blue w/Ham & Cheese Oven Roast Potatos Steamed Broccoli Fruit	26 Pizza Bar  Plain, Pepperoni White & Buffalo Fresh Veggie & Dip Fruit
29 Macho Nachos Beef & Cheese Rice Lettuce & Salsa Fruit	30 French Toast, Sausage Sliced Ham Home Fries Blueberries	31 Lucky Tray Day Fish Sticks Animal Crackers Mashed Potato Corn Fruit	 indicates made with whole grains  MyPyramid.gov STEPS TO A HEALTHIER YOU We strive to use local produce as available.	

<p>Available Daily:</p> <p>Pizza Hot Dog Chicken Patty Spicy Chicken Patty Hamburger</p> <p>Assorted Sandwiches Fresh Entrée Salads</p>
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<p>Menu subject to change without notice</p> <p>All meals served with a choice of Milk, Fruit Vegetable & Bread Alternative</p> <p>Menu Questions or Comments: Please contact: Jeanne Sheridan jsheridan@bmrds.net 1 508-876-0193 option 4</p>

<p>Prices:</p> <p>Lunch \$2.25 Reduced Price Lunch \$.40 Bottled Water \$1.00 Bagged Snacks .50-1.25 Ice Cream .50- 1.50 Cookies 4 for a \$1.00</p>

No Supersizing Here ! All of our meals meet USDA Standards for Nutrient Standards & Portion Size