



ELMONT UNION FREE SCHOOL DISTRICT MARCH 2010































Finally, it's Spring!

Appropriate condiments will be offered daily.

Menu subject to change without notice.

See reverse side for breakfast menu.

Monday	Tuesday	Wednesday	Thursday	Friday	Lunch Prices
1/ Macaroni & Cheese California Mixed Vegetables Fresh Fruit Choice of Chilled Milk Oatmeal Cookie  	2/ Hamburger on Bun Oven Potatoes Fruit Cup Choice of Chilled Milk  	3/ Cheese Pizza Toss Salad w/Choice of Dressing 100% Fruit Juice Choice of Chilled Milk 	4/ Chicken Nuggets with Dipping Sauce French Bread & Butter Mixed Vegetables Pineapple Cup Choice of Chilled Milk 	5/ Brunch for Lunch Cheese Omelet French Toast Smiling Face Potatoes Orange Juice Choice of Chilled Milk  	Student Lunch  1.25 Reduced Price Lunch .25 Student Price Breakfast .80 Student Reduced Price Breakfast .25 Adult Price Lunch (Tax Included) 3.22 Adult Price Breakfast (Tax Included) 2.01 Student A La Carte Main Dish (SECOND ENTRÉE) Lunch .95 Main Dish (SECOND ENTRÉE) Breakfast .60 All Milk .55 Ice Cream .60 4 oz. yogurt  .60 Sun chips, Baked Lays .40 4 oz. 100% Fruit Juice .30 8 oz. 100% Fruit Juice .60 Bottled Spring Water (16.9 oz.) .50 Linden Cookies 2 pack .60 Home-baked Chocolate Chip Cookies .50 Dessert Cookie, 2/.25 Saltine Crackers .015 Graham Crackers .15 Animal Crackers .25 Goldfish, Dolphin Crackers, Bug Bites, Kidzels .40 Pretzel Rod .10 Gourmet Smart Puffs .80 Uncle Wally's Snack'n Write Cupcake .70 Tossed Salad (10 oz. Bowl)-Shredded Lettuce, Carrots & Cucumbers w/Dressing Choice .65 <u>WE DO NOT SERVE FRIED FOODS OR PORK PRODUCTS!!!!</u> <u>Choose Sensibly!</u> When it comes to snack, choose the ones with 7 grams or less of fat, 2 grams or less of Sat. Fat, 360 mg. or less of Sodium, and 15 grams or less of sugar. ♥denotes Turkey Product
8/ Honey BBQ Chicken Nuggets Seasoned Rice Seasoned Carrots Fruit Dessert Choice of Chilled Milk 	9/ Chicken Noodle Soup Cold Cut Sandwich on w/w French Bread Fruit Dessert Choice of Chilled Milk 	10/ Pizza Slice Garden Salad Choice of Dressing 100% Fruit Juice Choice of Chilled Milk 	11/ All Beef Twin Taco w/Shredded Lettuce, Tomato & Cheese Cup Fruit Dessert Choice of Chilled Milk  	12/ Popcorn Shrimp Seasoned Green Beans Oven Potatoes Choice of Fruit Choice of Chilled Milk 	
15/ Popcorn Chicken Pasta with Greens Fruit Dessert Choice of Chilled Milk  	16/ Meatball Hero with Tomato Sauce Seasoned Green Beans Fruit Dessert Choice of Chilled Milk 	17/ Personal Pizza Garden Salad with Choice of Dressing Green Jell-o w/Fruit & Topping Choice of Chilled Milk  	18/All Beef Hot Dog on a Bun Oven Baked Vegetarian Beans Sauerkraut Fruit Dessert Choice of Chilled Milk 	19/ Brunch for Lunch Frittata Omelet French Toast Hash Brown Potatoes Orange Slices Choice of Chilled Milk 	
22/ Meatloaf with Gravy Mashed Potatoes French Bread & Butter Fruit Crisp w/Topping Choice of Chilled Milk 	23/ Sliders w/Cheese on Buns Oven Potatoes Fruit Dessert Choice of Chilled Milk 	24/ Pizza Slice Garden Salad w/Choice of Dressing 100% Fruit Juice Choice of Chilled Milk 	25/ Half Day of School Breakfast Served 	26/ Oven Baked Rotini w/Tomato Sauce & Shredded Mozzarella Seasoned Green Beans Fruit Dessert Choice of Chilled Milk 	
<u>March 29 to April 2 - No School</u> Available daily as a substitute for Main Dish—Peanut Butter and Jelly, ♥Cold Cut Sandwich, and American Cheese Sandwich. Child may request Peanut Butter without Jelly. Fresh fruit available daily. Milk choices are 1% white, 1% Chocolate, 1% Strawberry, and Skim.					

Visit our web site each month www.elmontschools.org to view our menu for the month.