

LUNCH PRICES:	
Type A Lunch Price	\$2.50
Reduced Lunch Price	\$.40
Adult Lunch (+Tax)	\$3.00
Milk/Chocolate Milk	\$..50



Jillian's Very Veggie Spring

Make your lunch colorful with veggies! You should eat at least 1.5 to 2 cups of veggies every day. Try: carrots with dip, crispy cucumbers wrapped in turkey, lettuce wrapped around sliced veggies with your favorite dressing, and celery covered with cream cheese. Jillian gets creative with her veggies, she loves to eat asparagus wrapped inside of sliced cheese. What's your favorite veggie?




Sts. Mary & Elizabeth Academy March 2010

All Lunches Include:
Choice of Milk
2% White or Chocolate
Vegetable or Salad
Fruit, Bread Basket. Grain

LUNCH ALTERNATES AVAILABLE DAILY:
Assorted Deli & Wraps Sandwiches
3 D-PBJ Sandwich
American Cheese Sandwich
All cold cuts are turkey products

Daily Breakfast Menu
Monday- Whole Grain Cereal Served with Graham Crackers
Tuesday- Egg & Cheese on English Muffin
Wednesday- Whole Wheat or Raisin Bagel w/ Butter
Thursday - March 4 & 18
French Toast
March 11 & 25
Pancakes/ Sausage
Friday- Whole Grain Muffin/ Low Fat Yogurt
Breakfast Includes Low Fat Milk
Fruit Juice or Chilled Fruit Cup

COMMENTS?
Please call the Cooperative Supply Services at 973-497-4164

Monday	Tuesday	Wednesday	Thursday	Friday
1 Hamburger or Cheeseburger Whole Grain Bun Bag of Carrots Chilled Fruit	2 Nachos Grande Seasoned Taco Meat w/ Nacho Chips, Cheese & Salsa Corn Applesauce	3 Baked Ziti Garlic Bread Italian Blend Vegetables Sweet Pineapple	4 Salisbury Steak Dinner Roll Mashed Potatoes Chilled Pears <i>"Teddy Graham Cookies"</i>	5 1/2 Day No Lunch Served
8 Chicken Nuggets Dinner Roll Whole Grain Rice Chopped Broccoli Chilled Fruit	9 Pizza Burger (All Beef Burger w/ Pizza Sauce & Mozzarella) On Kaiser Roll Green Beans Baked Apples Slices	10 Chicken Quesadilla Salsa Dip Beans & Rice Sliced Peaches	11 Beef, Tomato, Mac & Cheese Garlic Bread Carrots Apple <u>Sugar Cookie</u>	12 V) Cheese Pizza w/ Whole Grain Crust Tossed Salad Chilled Fruit Cup
15 Chicken Patty Whole Wheat Bun Pasta Salad Green Beans Chilled Fruit	16 Grilled Cheese Sandwich Chicken Rice Soup Bag of Carrots Fresh Orange <u>Chocolate Pudding</u>	17 No School 	18 FULL DAY Menu To Be Announced...	19 1/2 Day No Lunch Served
22 Chicken Nuggets Sweet & Sour Sauce Dinner Roll Whole Grain Rice Vegetable Stir-Fry Chilled Fruit	23 Twin Tacos Lettuce, Cheese, Salsa Vegetarian Beans Applesauce	24 Baked Ziti Garlic Bread Steamed Vegetables Chilled Pears	25 Hot Turkey Sandwich w/ Gravy Glazed Carrots Chilled Fruit <u>Apple Muffin</u>	26 French Bread Pizza Tossed Salad Chilled Fruit Cup
29 Sabrett's All Beef Hot Dog on Bun French Fries Applesauce	30  Special Spring Brunch Waffle Sticks Turkey Sausage Potato Rounds Strawberries	31 1/2 Day Early Dismissal HAPPY EASTER		

Prepaid Lunches Available
10 Lunches= \$25.00
10 Reduced Price=\$4.00

Prepaid Breakfast Available
10 Breakfast= \$10.00
10 Reduced Price=\$3.00



**If you have a food allergy, please speak to the owner, manager, chef or your server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available.*