




March 2010



Sheridan, Cherokee and Everett Schools



Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Parmesan Sandwich Or Crispy Veggie Wrap <u>Cooked CARROTS Are A Root Veggie!</u>	French Toast Sticks And Sausage Or Yogurt with Bagel & Cream Cheese Cinnamon Apples	Chicken Nuggets Or Garden Salad <u>SWEET POTATOES, A Root Vegetable!</u> Breadstick	CONFERENCES ½ Day No Lunch Service	CONFERENCES No School
Hamburger Or Cheeseburger Or Cheesy Tortilla Roll Up <u>Wheat grows on a stalk that is later used to make our buns and tortillas</u>	Foot Long Hot Dog Or Noodle Veggie Casserole With A Breadstick <u>Green Beans Grow As Plants</u>	Chicken Tenders Or Roasted Veggie & Cheese Wrap Mashed Potatoes	Ham & Cheese or Cheese Only Sandwich Tomatoes on the Bar for Topping – <u>Tomatoes Grow As Plants, On A Vine!</u> With A Cup or Chicken Noodle Soup	Cheese Pizza Or Sausage Pizza Or Caesar Salad With A Dinner Roll <u>Fresh Pineapple, grows as a Spiky Plant</u>
Mini Corn Dogs Or Bbq Rib Sandwich Or Egg Salad Sandwich Hot Vegetable	Pancakes Or Bagel with Cream Cheese Sausage For All! Cinnamon <u>Apples, that grown on Trees!</u>	<u>ABC SHAPED</u> CHICKEN NUGGETS Or Cheese Quesadilla Hot Veggie, Cookies And A Prize! <u>Oranges, grow on Trees too!</u>	Baked Penne Pasta With Mozzarella and Marinara Or Garden Salad with Hard Boiled Egg Garlic Toast	Cheese Pizza Or Pepperoni Pizza Or Hot Dog <u>Mango & Banana today, Fruits From Trees!</u>
Hot Dog Or Hamburger Or Three Cheese Salad With A Roll <u>FRENCH FRIES!! Made from the Root Vegetable – Potatoes!</u>	2 Bosco Sticks with Dipping Sauce Or Vegetable Cheese Toast	Chicken Tenders Or Toasted Cheese Bagel <u>Corn Grows On A Stalk</u> Seasoned Rice	Macaroni & Cheese Or Asian Salad with Oranges and Crispy Noodles Hot Veggie	Cheese Pizza Or Sausage Pizza Or Crispy Veggie Wrap Loaded <u>Try the fruit from the APRICOT Tree Today!</u>
SPRING BREAK	SPRING BREAK	SPRING BREAK		

BUILDING GOOD NUTRITION FROM THE GROUND UP!
 Is the theme for March's National Nutrition Month. Watch for special activities at your school and learn about how you can **Build Your Healthiest Day!**
 Check out the menu for featured items that show some ways nutrition is built, from the ground up!

FROZEN YOGURT AND BLUE ICEES
 Will be served on **FRIDAY MARCH 12th**

Please contact our food service office with questions at asimons@lfschools.net or 847-604-7476

Anne Simons
 Food Service Director

