



2010

March

NATIONAL NUTRITION MONTH!



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
1	Chicken Ranch Wrap Vegetable Medley Baby Carrots w/ Ranch Dip Ham/Cheese Picnic Wrap	2	Macaroni & Cheese Green Beans Grape Tomatoes w/Ranch Dressing Fajita Chicken Wrap	3	Barbecue Chicken w/ Cranberry Bread Corn on the Cob Cucumber Slices w/Ranch Dressing Chicken Caesar Wrap	4	Beef Tacos w/ Shredded Cheddar, Tomatoes & Lettuce Tortilla Chips w/Salsa Chef Salad Wrap	5	Chicken Pot Pie Roasted Red Potatoes Broccoli w/ Ranch Dip Turkey Club Wrap	<p>More Info...</p> <p>Available Daily:</p> <ul style="list-style-type: none"> • 2% Milk, Skim Milk, 1% Chocolate Milk • Hamburgers, Cheeseburgers • Cheese Pizza Pepperoni Pizza • Breaded Chicken • Mozzarella Sticks • French Fries • Fresh Fruit • Tossed Salad • Assorted Sandwiches <p>Hot Entrée: \$3.00 Hamburger: \$2.00 Cheeseburger: \$2.25 Chicken Patty: \$2.25 Sandwiches &</p>
8	Meatball Sub Broccoli Baby Carrots w/ Ranch Dip Italian Club Wrap	9	Beef Burrito Mexicali Corn Grape Tomatoes w/Ranch Dressing Spicy Beef Wrap	10	Pepperoni Calzone Italian Blend Veggies Cucumber Slices w/Ranch Dressing Turkey Club Wrap	11	Oven Roasted Chicken Mashed Potatoes Italian Pasta Salad Tuna Pita Pocket	12	Chicken Lo Mein Mixed Vegetables Broccoli w/ Ranch Dip Asian Chicken Wrap	
15	Sausage & Peppers Fresh Green Beans Baby Carrots w/ Ranch Dip Antipasto Wrap	16	General Tso Chicken w/ Fried Rice Asian Vegetables Grape Tomatoes w/Ranch Dressing Asian Chicken Wrap	17	Corned Beef & Cabbage Boiled Potatoes Cucumber Slices w/Ranch Dressing Turkey Club Wrap	18	Chicken Ranch Wrap Corn Tortilla Chips w/Salsa Fajita Chicken Wrap	19	Grilled Cheese Garden Fresh Peas Broccoli w/ Ranch Dip Chicken Salad in Pita	
22	Baked Ziti Broccoli Baby Carrots w/ Ranch Dip Turkey Club Wrap	23	Nachos w/Chili & Cheese Southwestern Corn Grape Tomatoes w/Ranch Dressing Fajita Chicken Wrap	24	Chicken Patty Parmesan Green Beans Cucumber Slices w/Ranch Dressing Tuna Pita Pocket	25	Beef Gyro Roasted Sweet Potato Celery Sticks w/ Ranch Dip Ham/Cheese Picnic Wrap	26	Rumba Chicken Wrap Vegetable Medley Broccoli w/ Ranch Dip Asian Chicken Wrap	
29	Philly Cheese Steak Corn on the Cob Baby Carrots w/ Ranch Dip Italian Club Wrap	30	Jumbo Beef Frank Broccoli Grape Tomatoes w/Ranch Dressing Turkey Club Wrap	31	Sweet n Sour Chicken Fried Rice Asian Vegetables Cucumber Slices w/Ranch Dressing Asian Chicken Wrap					

Menus are subject to change without notice.

WEST ESSEX MIDDLE SCHOOL LUNCH MENU

