



March 2010



Monday	Tuesday	Wednesday	Thursday	Friday
1 Soft Tacos Hot Vegetable Or Pizza Hot Vegetable	2 Mini Corn Dogs French Fries Or Cheeseburger French Fries	3 Chicken Nuggets French Fries	4 Pork Patty Mashed Potatoes Gravy Roll	5 Cheese Ravioli Breadstick Or Cheese Pizza Hot Vegetable
8 Hot Dogs Hot Vegetable Or Pizza Hot Vegetable	9 Chicken Fajita Wrap Hot Vegetable Or Mini Corn Dogs Hot Vegetable	10 Pork BBQ Sandwich French Fries Or Chicken Patty French Fries	11 Chicken Patty Mashed Potatoes Gravy Roll	12 Spaghetti w/Meat sauce Breadstick Or Cheese Pizza Hot Vegetable
15 Pizza Hot Vegetable	16 Asian Orange Chicken Rice w/Fortune Cookie Or Pizza Hot Vegetable	17 Buffalo Chicken Wrap Hot Vegetable	18 Turkey Mashed Potatoes Gravy Rolls	19 Bosco Sticks w/Pizza Sauce Or Coney Dog Hot Vegetable
22 SPRING BREAK	23	24	25	26
29 Pizza Hot Vegetable	30 Pizza Hoagie Hot Vegetable Or Hot Dogs Hot Vegetable	31 Buffalo Chicken Wrap Hot Vegetable	Salisbury steak Mashed Potatoes Gravy Roll	Bosco Sticks w/Pizza sauce Or Cheese Pizza Hot Vegetable

News

Did you know that the size of your soda pop bottle may be up to 4 times larger than the size your parents had when they were kids? Or that your bagel is actually 2-3 times larger than the original? A portion is the amount of food that you choose to eat. A serving is a measured amount of food or drink. This is the amount you see on Nutrition Facts label. Be aware of portion distortion! The super-sizing of our food is leading to the super-size Of our waist! For a healthier body and mind, be conscience of what portion size you pick.

