

# Coweta Schools

## Middle Lunch

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mar - 1</p> <p>Pizza or Tuna Salad Sandwich Tossed Salad Seasoned Carrots Fruit Choice Chocolate Pudding Milk</p>	<p>Mar - 2</p> <p>Mini Burgers Ketchup Mustard pk. or Corn Dog French Fries Dill Pickle Spear English Peas Brownie Chilled Fruit Choice Milk</p>	<p>Mar - 3</p> <p>Vegetable Soup Grilled Cheese on Whe or Turkey/Cheese Stack Mayonnaise packet Popeye Salad Salad Dressing-Variety Jello Fresh Fruit Milk</p>	<p>Mar - 4</p> <p>Crispy Fish Sandwich or Beef Nachos w/cheese Taco Sauce Pack Tartar Sauce Tossed Salad Seasoned Lima Beans Fruit Slushie Chilled Fruit Choice Milk</p>	<p>Mar - 5</p> <p>Pork Roast or Baked Turkey Roll Mashed Potatoes Pinto Beans Ketchup Fruit Choice Milk</p>
<p>Mar - 8</p> <p>Chicken Sandwich or Turkey &amp; Cheese Wra Onion Rings Mayonnaise packet Ketchup Lettuce &amp; Tomato Glazed Sweet Potatoe Chilled Fruit Choice Milk</p>	<p>Mar - 9</p> <p>Spaghetti w/Meat Sauc or Grilled Chicken Nugget bar-b-que sauce Cattle Tossed Salad Blackeyed Peas Garlic Cheddar Biscuit Fruit Choice Milk</p>	<p>Mar - 10</p> <p>Broccoli Salad w/Turke or Hamburger Jo Jo Fries Dill Pickle Spear Seasoned Lima Beans Chocolate Cake Fruit Choice Milk</p>	<p>Mar - 11</p> <p>Bar-be-que on Bun or Hot Dog French Fries Cole Slaw Corn Niblets Glazed Sweet Potatoe Jello Chilled Fruit Choice Milk</p>	<p>Mar - 12</p> <p>Sloppy Joe on Bun or Turkey/Cheese Stack Chips &amp; Salsa English Peas Celery Sticks w/p'nut butter Fresh Fruit Milk Mayonnaise packet Mustard pk.</p>
<p>Mar - 15</p> <p>Taco or Mini Corn Dogs Lettuce &amp; Tomato English Peas Honey Graham Cracke Fruit Choice Milk Ketchup Mustard pk. Sour Cream ind. pk. Salsa Taco Sauce Pack</p>	<p>Mar - 16</p> <p>Baked Turkey or Pork Roast Parker House Roll Buttered Rice Green Beans Brown Gravy Stewed Squash Pineapple &amp; Cheese S Milk</p>	<p>Mar - 17</p> <p>Fish Sticks Tartar Sauce Ketchup or Mac &amp; Cheese w/Ham Hushpuppies Popeye Salad Salad Dressing-Variety Blackeyed Peas Glazed Sweet Potatoe Fruit Choice Milk</p>	<p>Mar - 18</p> <p>Chicken Ala King Buttered Rice Seasoned Lima Beans Roll Jello Fruit Juice Choice Fruit Choice Milk or Pork Roast</p>	<p>Mar - 19</p> <p>Meat Loaf Ketchup Cornbread or Grilled Cheese on Whe Trix Yogurt Mashed Potatoes Pinto Beans Juice Bar Fruit Choice Milk</p>
<p>Mar - 22</p> <p>Bar-be-que on Bun or Sloppy Joe on Bun Seasoned Carrots Potato Rounds Ketchup Blackeyed Peas Chilled Fruit Choice Milk</p>	<p>Mar - 23</p> <p>Spaghetti w/Meat Sauc or Grilled Chicken Nugget Garlic Cheddar Biscuit Popeye Salad Salad Dressing-Variety Peas and Carrots Cowboy Cookies Chilled Fruit Choice Milk Ketchup Bar B Q Sauce Ind. Honey Mustard</p>	<p>Mar - 24</p> <p>Turkey &amp; Cheese Wra or Rib-B-Que Sandwich Potato Triangle Ketchup Baked Beans Pasta Salad Fruit Choice Pudding Pop Milk</p>	<p>Mar - 25</p> <p>Hamburger or Chicken Faititas French Fries Lettuce &amp; Tomato Glazed Carrots Chilled Fruit Choice P'nut Butter Grahams Milk Ketchup Mustard pk. Sour Cream ind. pk.</p>	<p>Mar - 26</p> <p>Pizza or Orange Chicken Salad Seasoned Lima Beans Celery Sticks Tossed Salad Fruit Choice Milk Sherbert</p>

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

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March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 29  Bar-be-que on Bun or Chicken Sandwich Potato Rounds Blackeyed Peas Fruit Slushie Mustard pk. Mayonnaise packet Ketchup Chilled Fruit Choice Milk	Mar - 30  Vegetable Soup Grilled Cheese on Whe Chips or Turkey/Cheese Stack Popeye Salad Salad Dressing-Variety Fresh Fruit Milk	Mar - 31  "Breakfast for Lunch" Chicken 'n Biscuit Egg Patty Jelly Peppered Gravy Grits or Cereal Breakfast Squares Fruit Juice Choice Milk		