

All lunches include a choice of skim, 2% white or low-fat chocolate milk.



## Tredyffrin Easttown School District Elementary Lunch Menu March 2010



Please include your child's full name with all pre-payments.  
Paid Lunch \$2.35  
Reduced lunch \$ .40



### NATIONAL NUTRITION MONTH - EAT YOUR COLORS

*March is National Nutrition Month and we are celebrating 5-a-Day - Eat your colors!*



**Week 1: Red Fruit/Vegetables, Week 2: Yellow/Orange Fruit/Vegetables, Week 3: White/Blue/Purple Fruit/Vegetables and Week 4: Green Fruit/Vegetables**

Monday	Tuesday	Wednesday	Thursday	Friday
Day 4	Day 5	Day 6	Day 4	Day 5
<p><b>A. Oven Baked Breaded Boneless Chicken Drumstick</b></p> <p><b>B. Cheeseburger on a Bun</b> </p> <p><b>C. Hummus Bites</b> ▼</p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p>Tossed Garden Salad ▼ Carrot Coins ▼</p> <p>Assorted Apples</p>	<p><b>A. Toasted Cheese Sandwich</b> ▼</p> <p><b>B. Cheeseburger on a Bun</b></p> <p><b>C. Hummus Bites</b> ▼</p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter or Salad Bar</b> ▼ </p> <p>Tossed Garden Salad ▼</p> <p>Tomato Soup ▼</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p><b>A. Cheesesteak Sandwich on a Steak Roll</b></p> <p><b>B. Cheeseburger on a Bun</b> </p> <p><b>C. Hummus Bites</b> ▼</p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter or Salad Bar</b> ▼</p> <p>Tossed Garden Salad ▼</p> <p>Sliced Red Peppers, Grape Tomatoes w/Dip</p> <p>Assorted Apples</p>	<p>Parent Conference Day</p> <p>NO Students Report</p>	<p>Instructional Staff In-service</p> <p>NO Students Report</p>
Day 1	Day 2	Day 3	Day 4	Day 5
<p><b>A. Apple Cinnamon Dippers (Breadsticks) ▼ &amp; String Cheese</b> ▼</p> <p><b>B. Chicken Nuggets w/Dinner Roll</b></p> <p><b>C. Turkey-Ham &amp; Cheese Sandwich</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼ </p> <p>Tossed Garden Salad ▼</p> <p>Honey Glazed Carrots ▼, Mandarin Oranges ▼</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p><b>A. Nacho's with Seasoned Beef, Cheese, Salsa</b></p> <p><b>B. Chicken Nuggets w/Dinner Roll</b></p> <p><b>C. Turkey-Ham &amp; Cheese Sandwich</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter or Salad Bar</b> ▼</p> <p>Tossed Garden Salad ▼</p> <p>Cucumber Slices w/Dip ▼ </p> <p>Peaches in Light Syrup</p>	<p><b>A. Turkey Hot Dog on a Bun</b></p> <p><b>B. Chicken Nuggets w/Dinner Roll</b></p> <p><b>C. Turkey-Ham &amp; Cheese Sandwich</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter or Salad Bar</b> ▼ </p> <p>Tossed Garden Salad ▼</p> <p>Vegetarian Baked Beans ▼</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p><b>A. Pancakes ▼ with Sausage Patty</b></p> <p><b>B. Chicken Nuggets w/Dinner Roll</b></p> <p><b>C. Turkey-Ham &amp; Cheese Sandwich</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter or Salad Bar</b> ▼</p> <p>Tossed Garden Salad ▼</p> <p>Orange Juice ▼ and Carrot Sticks ▼</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p><b>A. Pizza</b> ▼ </p> <p><b>B. Chicken Nuggets w/Dinner Roll</b></p> <p><b>C. Turkey-Ham &amp; Cheese Sandwich</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter</b> ▼</p> <p>Tossed Garden Salad ▼</p> <p>Peas &amp; Carrots ▼</p> <p>Mango / Orange Smiles</p>
Day 6	Day 1	Day 2	Day 3	Day 4
<p><b>A. Pizza Dippers w/Marinara Sauce</b> ▼</p> <p><b>B. Pizza</b></p> <p><b>C. Yogurt Bites</b> ▼</p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼ </p> <p>Tossed Garden Salad ▼</p> <p>Carrot Sticks w/Dip ▼</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p><b>A. Popcorn Chicken</b></p> <p><b>B. Pizza</b></p> <p><b>C. Yogurt Bites</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter or Salad Bar</b> ▼</p> <p>Tossed Garden Salad ▼</p> <p>Green Beans ▼</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p><b>A. Cheeseburger on a Whole Wheat Bun</b></p> <p><b>B. Pizza</b></p> <p><b>C. Yogurt Bites</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter or Salad Bar</b> ▼ </p> <p>Tossed Garden Salad ▼</p> <p>Corn ▼</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p><b>A. Oven Baked Breaded Chicken</b></p> <p><b>B. Pizza</b></p> <p><b>C. Yogurt Bites</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter or Salad Bar</b> ▼</p> <p>Tossed Garden Salad ▼</p> <p>Whipped Potatoes ▼</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p><b>A. 5" Individual Pizza</b> ▼</p> <p><b>B. Turkey Hot Dog on a Bun</b></p> <p><b>C. Yogurt Bites</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter</b> ▼ </p> <p>Tossed Garden Salad ▼</p> <p>Green Beans ▼</p> <p>Red Grapes &amp; Pears</p>
Day 5	Day 6	Day 1	Day 2	Day 2
<p><b>A. Macaroni &amp; Cheese</b> ▼</p> <p><b>B. Chicken Patty on a Whole Wheat Bun</b></p> <p><b>C. Tuna Salad on a Bun</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p>Tossed Garden Salad ▼ </p> <p>Broccoli Florets w/Dip</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p><b>A. Chicken Fingers w/Dipping Sauce</b></p> <p><b>B. Chicken Patty on a Whole Wheat Bun</b></p> <p><b>C. Tuna Salad on a Bun</b> </p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter or Salad Bar</b> ▼</p> <p>Tossed Garden Salad ▼</p> <p>Peas &amp; Carrots ▼</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p><b>A. Meatball Sandwich on a Sub</b></p> <p><b>B. Chicken Patty on a Whole Wheat Bun</b></p> <p><b>C. Tuna Salad on a Bun</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter or Salad Bar</b> ▼ </p> <p>Tossed Garden Salad ▼</p> <p>Cucumber Slicers w/Dip</p> <p>Green Grapes/Kiwi Slices</p>	<p><b>A. Stuffed Crust Pizza</b> ▼</p> <p><b>B. Chicken Patty on a Whole Wheat Bun</b></p> <p><b>C. Tuna Salad on a Bun</b></p> <p><b>D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat</b> ▼</p> <p><b>E. Salad Platter</b> ▼ </p> <p>Tossed Garden Salad ▼</p> <p>Baby Carrots w/Dip ▼</p> <p>Chilled Fresh and Canned Fruit ▼</p>	<p>Instructional Staff In-service</p> <p>NO Students Report</p>
29	30	31		
<b>NO SCHOOL</b>				

▼ Identifies Vegetarian Items