

Student Lunch
\$1.95

Reduced Lunch
\$.40

TREDYFFRIN EASTTOWN MIDDLE SCHOOLS MARCH 2005 MENU

Coming Soon!

A food and nutrition web page!



Daily Feature

March 1-4

Tuesday Chicken Nuggets, Roll, Whipped Potatoes, Fruit
Wednesday Toasted Cheese, Tomato Soup, Chilled Fruit
Thursday Spaghetti w/Meatsauce, Ital. Bread, Tossed Salad
Chilled Fruit
Friday French Bread Pizza, Salad, Chilled Fruit

March 7-9

Monday Chicken Fries, Applesauce, Mixed Vegetables
Tuesday Sloppy Joe on a Bun, French Fries, Chilled Fruit
Wednesday Individual Round Pizza, Salad, Chilled Fruit

March 14th-18th

Monday Meatball Sandwich on a Hoagie Roll, Fruit, Carrots
Tuesday Ham & Cheese Hoagie, Chips, Corn, Chilled Fruit
Wednesday Batter-Dipped Fish on a Bun, Green Beans, Fruit
Thursday Baked Potato Bar with Broccoli, Cheese Sauce,
Chilled Fruit, Pudding
Friday Stuffed Crust Pizza, Salad, Chilled Fruit

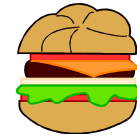
March 28th-31st

Monday Two Hot Dogs on a Bun, Potato Puffs, Fruit
Tuesday Nachos, Beef, Cheese, Olives, Carrot Sticks,
Chilled Fruit, Pudding
Wednesday Cheesesteak on a Steak Roll, Veggie Sticks w/Dip,
Chilled Fruit
Thursday Double Cheeseburger on a Bun, Steamed Carrots,
Chilled Fruit

Meals include choice of low-fat white, low-fat chocolate or skim milk.

The Grill

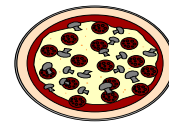
Available Daily:
Cheeseburger
Chicken Patty



Pizza Time

Available Daily:

Pizza or
Pizza Sticks



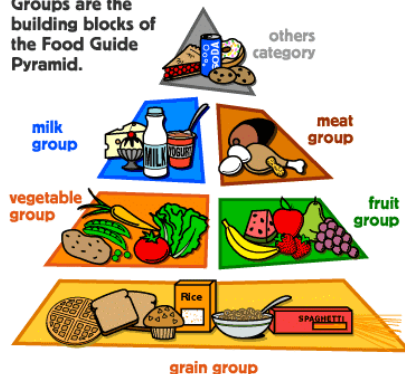
Express

Available Daily:

Salad Platters
And a Cold Deli Sandwich



The Five Food Groups are the building blocks of the Food Guide Pyramid.



A personal check is the preferred method of payment for lunch and breakfast. There are several advantages to placing money in your child's cafeteria account. Serving lines are quicker, leaving more time for eating lunch and socializing and money is not lost or spent outside of the cafeteria, just to name a few.