


# March 2010

## *Academie Lafayette*

### National Nutrition Month

Start with the basics. A healthy eating plan emphasizes fruits, vegetables, whole grain, low fat or fat free dairy and lean meats. Choose nutrient-rich rather than "good" or "bad" foods. Focus on eating a variety of foods from all the food groups. Make the most of family mealtime. Eating meals together provides the opportunity to help children develop a healthy attitude toward food. Balance physical activity and healthful diet for overall health and fitness

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Raisin Bran Cereal Banana Muffin w/ Margarine Orange Juice</p> <p>BBQ Beef on Wheat Bun Baked Beans Potato Salad Banana</p>	<p>2 Breakfast Burrito Banana - Fresh Fruit</p> <p>Nacho Chips topped with a Beefy-Cheesy Sauce Seasoned Corn Grapes - Hand Fruit</p>	<p>3 Biscuit &amp; Gravy Apple Juice</p> <p>Pasta w/ Meat Sauce Tossed Salad w/ Spinach w/ Ranch Dressing Diced Pears</p>	<p>4 Bagel &amp; Cream Cheese w/ Jelly Apple - Fresh Fruit</p> <p>Chicken Tenders BBQ dipping sauce Mixed Vegetables Oranges - Hand Fruit</p>	<p>5 Egg Casserole &amp; Mini Biscuit Orange Juice</p> <p>Salisbury Steak Mashed Potatoes &amp; Gravy Carrot Sticks w/ Ranch Dressing Wheat Bread w/ Margarine</p>
<p>8 Frosted Flake Cereal Super Cinnamon Bun Orange Juice</p> <p>Chicken Alfredo w/ Pasta Tossed Salad w/ Spinach &amp; Ranch Dressing Bread Stick</p>	<p>9 Pancake on a stick w/ Syrup (Turkey Sausage) Apple - Fresh Fruit</p> <p>Meatball Sub Seasoned Corn Mixed Fruit</p>	<p>10 Yogurt Parfait (Vanilla Yogurt topped with Strawberries &amp; Granola) Granola Bar Apple Juice</p> <p>Chicken Patty Sandwich w/ Salad Dressing Tossed Salad w/ Spinach &amp; Ranch Dressing Fresh Pear - Hand Fruit</p>	<p>11 Egg Casserole Honey Wheat Bar Banana - Fresh Fruit</p> <p>Burger on Bun (Cheese on side) w/ Ketchup &amp; Mustard Potato Wedges Applesauce</p>	<p>12 2 Waffles w/ Syrup &amp; Margarine Orange Juice</p> <p>Turkey &amp; Cheese Sandwich Carrot Sticks w/ Ranch Dressing Goldfish Crackers Fresh Apple</p>
15	16	17	18	19
<b>Spring</b>		<b>Break</b>		
<p>22 Yogurt Parfait (Vanilla Yogurt topped with Strawberries &amp; Granola) Super Donut Orange Juice</p> <p>Smothered Grilled Chicken Served Over Rice Mixed Vegetables Sliced Peaches</p>	<p>23 Pancake on a stick w/ Syrup (Turkey Sausage) Apple</p> <p>Baked Beef Steak Fingers Mashed Potatoes &amp; Gravy Mixed Greens Wheat Bread w/ Margarine</p>	<p>24 Cereal Super Cinnamon Bun Orange Juice</p> <p>BBQ Beef on Wheat Bun Potato Salad Mixed Fruit</p>	<p>25 Egg Casserole &amp; Mini Biscuit Banana - Fresh Fruit</p> <p>Chicken &amp; Rice Bake Tossed Salad w/ Spinach &amp; w/ Ranch Dressing Hot Cinnamon Apples</p>	<p>26 Biscuit &amp; Gravy Orange Juice</p> <p>Sub Sandwich Celery Sticks w/ Ranch Dressing Apple</p>
<p>29 Cereal Apple Cinnamon Muffin w/ Margarine Orange Juice</p> <p>BBQ Chicken on Wheat Bun Potato Salad Fresh Orange</p>	<p>30 Yogurt Parfait (Vanilla Yogurt topped with Strawberries &amp; Granola) Granola Bar Fresh Grapes</p> <p><b>National Hot Dog Day</b> Hot Dog on Wheat Bun w/ Ketchup &amp; Mustard Mixed Vegetables Cinnamon Apples</p>	<p>31 Sausage Biscuit w/ Jelly (Turkey Sausage) Apple Juice</p> <p>Chicken &amp; Noodle Casserole Tossed Salad w/ Spinach &amp; Ranch Dressing Wheat Bread Banana</p>	 <p><b>National Nutrition Month® March 2010</b> American Dietetic Association</p>	

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Treat America School Food Service  
Manager

Menu subject to change

Susan Young - K-12 General