

POLK COUNTY SCHOOL LUNCH

2009

# March

Natural Ideas for a "Fresh" Generation



2

Sloppy Joe on Bun  
Burrito

Green Beans  
Steamed Cauliflower  
Fruit Salad  
Choice of Juice

3

Chicken or Beef Soft Taco  
BBQ Rib Sandwich

Baby Carrots w/ Dip  
Fiesta or Plain Rice  
Black Beans  
Seasonal Fresh Fruit

4

Hot Dog  
Stromboli

Steamed Broccoli  
Cole Slaw  
Chilled Fruit  
Fruit Cobbler

5

Baked Chicken  
Hot Roll  
Yogurt, Muffin, Cheese

Scalloped Potatoes  
Green Peas  
Baked Apples  
Seasonal Fresh Fruit

6

Pizza  
Soup  
Cheese and Crackers

Corn  
Popeye Salad  
Fruit Freezie  
Chilled Fruit

9

Chicken Patty on Bun  
Meatball Sub

Lettuce, Tomato, Pickles  
Baked Fries  
Steamed Carrots  
Canned Fruit

10

Fish Portion  
Macaroni and Cheese  
Mac and Cheese w/ Ham

Fresh Vegetables  
Black-eyed Peas  
Fruit Salad  
Fresh Fruit

11

Teriyaki Chicken Nuggets  
w/ Egg Roll  
Baked Potato Bar

"Fried" or Yellow Rice  
Stir Fry Vegetables  
Choice of Juice  
Cookie

12

Shepherd's Pie  
Chicken Tenders  
Whole Wheat Roll

Green Beans  
Mixed Vegetables  
Garden Salad  
Seasonal Fresh Fruit

13

Pizza  
Chicken Quesadilla

Corn  
Celery w/ PB Cup  
Chilled Fruit  
Manager's Choice

16

Burrito  
Hamburger on Bun

Baby Carrots w/ Dip  
Steamed Broccoli  
Fiesta Rice  
Chilled Fruit

17

Lasagna  
Grilled Chicken Nuggets  
Bread Stick

Italian Vegetables  
Tossed Salad  
Fruit Salad  
Seasonal Fresh Fruit

18

Mini Corn Dogs  
Club Sandwich

Green Beans  
Fresh Vegetables w/ Dip  
Choice of Juice  
Wacky Cake

19

Pulled Pork on Bun  
Chicken Patty on Bun

Potato Wedges  
Green Peas  
Baked Beans  
Seasonal Fresh Fruit

20

Pizza  
Soup  
Cheese Roll-Up

Corn  
Fruit Freezie  
Chilled Fruit  
Jello

23

BBQ Rib Sandwich  
Pizza Sub

Fresh Vegetables w/ Dip  
Cauliflower  
Vegetables Sticks  
Chilled Fruit

24

Chicken Tenders  
Beefaroni  
Whole Wheat Roll

Scalloped Potatoes  
Steamed Carrots  
Choice of Juice  
Seasonal Fresh Fruit

25

Lemon Pepper Fish  
Whole Grain Biscuit  
Tuna Salad

Green Beans  
Cole Slaw  
Fruit Salad  
Fruit Crisp

26

Chicken & Dumplings  
Whole Wheat Roll  
Yogurt, Muffin, Cheese

Mixed Vegetables  
Celery w/ PB Cup  
Baked Apples  
Seasonal Fresh Fruit

27

Pizza  
Ham and Cheese Sandwich

Corn  
Choice of Juice  
Chilled Fruit  
Manager's Choice

*Spring Holiday March 30 - April 3*