

# ASSAWOMPSET ELEMENTARY SCHOOL

## LUNCH MENU MARCH 2013

Mon	Tue	Wed	Thu	Fri
				1 PIZZA DELUXE WITH TOSS SALAD FRUIT AND MILK & DESSERT
4 GRILLED CHEESE SAND. WITH A CUP OF SOUP ,SALAD, FRUIT,MILK AND	5 CHEESE QUESADILLA WITH SALAD FRESH FRUIT ,MILK AND DESSERT	6 MACARONI AND CHEESE WITH VEG.FRESH FRUIT MILK AND DESSERT	7 FRENCH TOAST WITH SAUSAGE VEG FRESH FRUIT MILK & DESSERT	8 PIZZA DELUXE WITH TOSS SALAD FRUIT ,MILK AND DESSERT
11 CHICKEN NUGGETS DINNER WITH POT. VEG. FRUIT MILK AND DESSERT	12 HOT DOGS BEANS SALAD WITH FRESH FRUIT AND MILK.	13 JR TURKEY CLUB SAND WITH PUFFS,SALAD , FRESH FRUIT AND MILK	14 HAMBURGER OR CHEESE-BURGER,SALAD POT. PUFFS,FRESH FRUIT AND MILK	15 PIZZA DELUXE WITH SALAD,FRESH FRUIT ,MILK AND DESSERT
18 RIB-E-QUE SAND WITH PUFFS,SALAD, FRUIT MILK, AND DESSERT	19 CHICKEN PARM DINNER WITH PASTA VEG, ROLL FRESH FRUIT AND MILK	20 BAKED CHICKEN DINNER WITH POT.,VEG FRUIT AND MILK	21 PASTA WITH MEAT BALLS A ROLL SALAD FRESH FRUIT AND MILK.	22 PIZZA DELUXE WITH SALAD OR VEG FRESH FRUIT AND MILK.
25 POPCORN CHICKEN WITH POT.VEG. FRUIT,MILK AND DESSERT	26 PANCAKES AND SAUSAGE VEG. FRESH FRUIT ,MILK AND DESSERT	27 AMERICAN CHOP SUEY GARLIC BREAD,SALAD,FRUIT,MILK AND DES-SERT	28 BEEF TACO WITH ALL THE TRIM-MINGS,FRUIT,MILK AND DESSERT	29 NO FOOD SERVED

### ALTERNATIVES SERVED DAILY

VARIETY OF PREMADE SANDWICHES TUNAFISH, HAM & CHEESE , BOLOGNA & CHEESE

ALL ALTERNATIVES SERVED CAN INCLUDE SALAD OR SOUP FRESH FRUIT ,MILK AND DESSERT

### LUNCH CARD PROGRAM

CARDS MAY BE PURCHASED DAILY AT THE END OF EACH LUNCH IN THE CAFETERIA, EACH CARD IS GOOD FOR 10 HEALTHY LUNCHES. THE COST OF EACH CARD IS **\$25.00** AND CAN BE USED FOR THE FOLLOWING  
 1) DAILY SCHOOL LUNCH OR  
 ) SELECTED PREMADE SANDWICHES WITH FRUIT AND MILK  
 PAYMENT BY CHECK-NAME AND HOME ROOM IN MEMO AREA CHECKS TO BE MADE OUT TO FLRSD  
 ALL MILK PRICES ARE \$.45 ALACARTE  
 \*\*\*ALL MEALS CAN INCLUDE THE OFFERING OF THE DAY WHICH COULD BE POT. VEG. FRESH FRUIT ,MILK AND DESSERT