




# March 2010

Six Mile Charter School



4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>CHICKEN TENDERS W/ POTATO WEDGES</b> Cherry Juice Bar Corn Muffin	2 <b>HAMBURGER</b> Corn Mixed Fruit Cup Honey Wheat Pretzels (Multi Grain)	3 <b>SPAGHETTI W/MEATBALLS</b> Garden Vegetables Pineapple Tidbits Chocolate Chip Cookie	4 <b>HOT DOG AND FRENCH FRIES</b> Fresh Pear^ Double Fudge Cookie	5 <b>PIZZA DIPPERS</b> Marinara Dipping Sauce Fresh Baby Carrots Fresh Apple^ Lemon Crème Cookies
6 <b>BEEF SAUSAGE, EGG, &amp; CHEESE BISCUIT</b> Potato Stix Grape Juice Bar	7 <b>ROTINI BAKE W/MEAT SAUCE</b> Garden Green Peas Peach Cup Garlic Bread	8 <b>POPCORN CHICKEN W/POTATO FUN SHAPES</b> Cinnamon Apples Cherry Muffin	9 <b>MACARONI &amp; CHEESE</b> Green Beans Fresh Banana^ Bread Stick Strawberry Waffle Crackers	10 <b>CHEESE PIZZA</b> Tossed Salad Fresh Apple^
<b>National School Breakfast Week</b>				
11 <b>CHICKEN NUGGETS W/ POTATO ROUNDS</b> Frozen Juice Bar Chocolate Chip Pumpkin Muffin	12 <b>TEX MEX TURKEY RICE BOWL</b> Fruited Gelatin Tortilla Rounds (Whole Grain)	13 <b>BEEF BAGEL DOG</b> Potato Fun Shapes Strawberry Applesauce St. Patrick's Day Cookie <b>St. Patrick's Day</b>	14 <b>TOASTED CHEESE SANDWICH</b> Garden Vegetables Fresh Apple^ Mini Pretzels	15 <b>FRENCH BREAD CHEESE PIZZA</b> Fresh Baby Carrots Fresh Pear^ Apple Waffle Snap Crackers
16 <b>TERIYAKI GLAZED CHICKEN W/ FRIED RICE</b> Peas & Carrots Grape Shape Up Bread Stick Sugar Cookie	17 <b>SALISBURY STEAK WITH GRAVY</b> Mashed Potatoes Pineapple Cup Wheat Bread	18 <b>TOASTED HAM &amp; CHEESE ON WHEAT BREAD</b> Fiesta Corn Mixed Fruit Cup Goldfish Crackers	19 <b>RIB-B-QUE</b> Potato Rounds Fresh Banana^ Honey Wheat Pretzels (Multi Grain)	20 <b>PIZZA DIPPERS</b> Marinara Dipping Sauce Tossed Salad Fresh Apple^ Chocolate Chip Cookie
21 <b>CHICKEN TENDERS</b> Baked Beans Cherry Juice Bar Corn Muffin	22 <b>PENNE PASTA W/MEAT SAUCE</b> Garden Vegetables Applesauce Garlic Bread	23 <b>BREADED CHICKEN FILLET</b> Whole Kernel Corn Chilled Peaches Chocolate Chip Cookie		

\*\*\*ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK. \*MENU SUBJECT TO CHANGE.



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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>COCOA KRISPIES</b> Apple Granola Square Grape Juice	2 <b>TURKEY HAM &amp; CHEESE ON ENGLISH MUFFIN</b> Orange Pineapple Juice Strawberry Waffle Crackers	3 <b>BANANA MUFFIN</b> Grape Juice	4 <b>CINNAMON SWIRL FRENCH TOAST</b> Fresh Apple^	5 <b>FROSTED MINI WHEATS (WHOLE GRAIN)</b> Superstix with strawberry cream cheese Orange Juice
8 <b>APPLE JACKS</b> Glazed Donut Blended Fruit Juice	9 <b>BUTTERMILK WAFFLES</b> Grape Juice	10 <b>CORN POPS</b> Sliced Bagel Orange Juice	11 <b>BREAKFAST TOASTED CHEESE SANDWICH</b> Fresh Apple^	12 <b>BLUEBERRY MUFFIN</b> Apple Cranberry Juice
<b>National School Breakfast Week</b>				
15 <b>FROSTED FLAKES (REDUCED SUGAR)</b> Strawberry Waffle Crackers Grape Juice	16 <b>BREAKFAST BURRITO</b> Blended Fruit Juice	17 <b>MAPLE EGGO CRUNCH (WHOLE GRAIN)</b> Apple Muffin Grape Juice  <b>St. Patrick's Day</b>	18 <b>FRENCH TOAST STICKS</b> Fresh Apple^	19 <b>CINNAMON RAISIN BAGEL</b> Grape Juice
22 <b>RICE KRISPIES</b> Apple Waffle Snap Crackers Orange Pineapple Juice	23 <b>PANCAKE &amp; TURKEY SAUSAGE ON A STICK</b> Grape Juice	24 <b>BLUEBERRY MUFFIN</b> Orange Juice	25 <b>EGG AND CHEESE ON A BAGEL</b> Fresh Apple^	26 <b>MINI WHEATS LITTLE BITES (WHOLE GRAIN)</b> Raisin Bran Muffin Apple Cranberry Juice
29 <b>FROOT LOOPS (REDUCED SUGAR)</b> Strawberry Waffle Crackers Orange Pineapple Juice	30 <b>CHICKEN BISCUIT</b> Grape Juice	31 <b>TOTAL RAISIN BRAN (WHOLE GRAIN)</b> Blueberry Bagel Apple Juice		

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