






ELC Kindergarten BREAKFAST AND LUNCH MENU

MARCH

2010

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Food Service Director Trish Puharic, FSD 412-824-8012 x164 tpuharic@eawildcats.net	 <small>"Providing the Absolute Best in Food and Facility Management"</small>	 <small>Oh...so Good!</small>	Low-Fat Muffins Served here	
1 Hot Breakfast Pocket Chicken Patty Sandwich or Cheeseburger on a bun Corn Cinnamon Applesauce Variety of 1/2 Pint 1 % Milk	2 Breakfast pizza Chicken Strips w/ roll or Cheesy Meatball Hoagie Tossed Salad Peaches Variety of 1/2 Pint 1 % Milk	3 Ham egg and cheese muffin Italian Dunkers w/ Sauce Green Eggs and Ham Green beans Pears Variety of 1/2 Pint 1 % Milk	4 Asst. Yogurt Cups Nachos w beef/ cheese/ roll Grilled Chicken Sandwich Carrots Mandarin Oranges Variety of 1/2 Pint 1 % Milk	5 Assorted Muffins and Donuts Fish Sticks w/ roll Slice of Pizza Tossed Salad Mixed Vegetables Variety of 1/2 Pint 1 % Milk
8 French Toast Sticks/ sausage Chicken Nuggets or Italian Hoagie Lettuce and Tomatoes Mixed fruit Variety of 1/2 Pint 1 % Milk	9 Bagel w/ asst. toppings Taco w/ meat / cheese or Chicken Strips w/ roll Tator Tots Cups of Apple slices Variety of 1/2 Pint 1 % Milk	10 Assorted Danish MAC and Cheese w/ roll BBQ Rib Sandwich Peas and Carrots Pears Variety of 1/2 Pint 1 % Milk	11 Pancake on a stick/ syrup Nachos w beef/ cheese/ roll Turkey and Cheese on a bun Corn Peaches Variety of 1/2 Pint 1 % Milk	12 Mini Chicken Patty on a roll Slice of Pizza or Scoop Tuna Salad w / roll Green Beans Warm Cinn. Applesauce Variety of 1/2 Pint 1 % Milk
15 Assorted Muffins / Donuts Ham BBQ Sandwich or Fish Sticks w/ roll Green beans Mandarin Oranges Variety of 1/2 Pint 1 % Milk	16 Breakfast Pizza Swedish Meatballs w/ noodles Buffalo Chicken Strips / roll Corn Peaches Variety of 1/2 Pint 1 % Milk <b style="color: red;">PUDDING DAY	17 2 Waffles w/ syrup / sausage Cheesy Steak-umm Hoagie or Hotdog w/ cheese Carrots Applesauce Variety of 1/2 Pint 1 % Milk <b style="color: green;">St' Patrick's Day	18 Yogurt Cups w/ jungle crackers Chicken Nuggets w/ roll Nachos w beef/ cheese/ roll Baked Fries Mixed Fruit Variety of 1/2 Pint 1 % Milk	19 French Toast Sticks w/ sausage Grilled Cheese Sandwich Sandwich Slice of Pizza Peas Pineapples Variety of 1/2 Pint 1 % Milk
22 Breakfast Pizza Popcorn Chicken w/ roll or Italian Dunkers w/ sauce Mixed Vegetables Apple Slices Variety of 1/2 Pint 1 % Milk	23 Pancakes w/ ham Slice Chicken Strips w/ bread or Turkey w/ gravy Mashed Potatoes Pears Variety of 1/2 Pint 1 % Milk	24 Bagel Sandwiches Nachos w beef/ cheese/ roll Cheeseburger on a bun Mixed Veggies Mixed Fruit Variety of 1/2 Pint 1 % Milk	25 Egg and Cheese Sandwich Turkey and Cheese on pretzel Bagel or Chicken Nuggets Corn Peaches Variety of 1/2 Pint 1 % Milk <b style="color: red;">Lucky Tray Day	26 Assorted Muffins and Donuts Fish Sticks w/ roll Slice of Pizza Green beans Fresh Fruit Variety of 1/2 Pint 1 % Milk
29 Breakfast Pizza Cheesy Meatball Hoagie or Grilled Chicken Sandwich Tossed Salad Mixed Fruit Variety of 1/2 Pint 1 % Milk	30 Assorted Yogurt Cups Chicken Strips w/ roll or Hamburger on a bun French Fries Pears Variety of 1/2 Pint 1 % Milk	31 Breakfast Hot Pockets Nachos w beef/ cheese/ roll Toasted Ham and Cheese Sandwich Mixed Veggies Mixed Fruit Variety of 1/2 Pint 1 % Milk		

BREAKFAST MENU

Other Daily Breakfast Choices:

~Assorted Whole Grain Cereals with Toast or Jungle Crackers

~Variety of Whole Grain Muffins and Cereal Bars

~Assorted choices of Whole Grain Donuts

~Choices of Fresh Fruits

~Yogurt Cups

All served with 100% Assorted Fruit Juice and A Variety of Low Fat Milk



www.gotoinnutrition.com

**Breakfast prices
Paid .95
Reduced .30**