






# GREEN VALLEY PRIMARY SCHOOL

## BREAKFAST AND LUNCH MENU

# MARCH

# 2010

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

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