

Crosswinds School


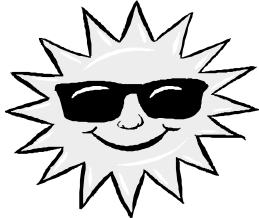
East Metro Integrated District



March Menu, 2010



NutritionServices
We've lightened up. Have you?

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>NO SCHOOL Teacher Planning Day</p>	<p>2</p> <p>Breakfast</p> <p>Cereal Funnel Cake Juice</p> <p>Lunch</p> <p>Chicken Patty on a Whole Wheat Bun Potato Wedges Coleslaw Peaches Cookie</p>	<p>3</p> <p>Breakfast</p> <p>Breakfast Burrito Juice Milk</p> <p>Lunch</p> <p>Spaghetti and Meatballs Bread Sticks Mixed Greens Salad w/Dressing Sliced Pears</p>	<p>4</p> <p>Breakfast</p> <p>Bagel w/ cream Cheese Juice Milk</p> <p>Lunch</p> <p>Brunch For Lunch</p> <p>French Toast Sticks Turkey Ham or *Sausage Hash browns Applesauce</p>	<p>5</p> <p>Breakfast</p> <p>Cooks Choice Juice Milk</p> <p>Lunch</p> <p>Cheese Bread w/Marinara Sauce Salad w/Dressing Pineapple w/Oranges Muffin Top</p>
<p>8</p> <p>Breakfast</p> <p>Cereal Cheese Stick Juice</p> <p>Lunch</p> <p>Cheese Burger on Whole Wheat Bun Fries *Baked beans Mixed Fruit Assorted Bear Cookies</p>	<p>9</p> <p>Breakfast</p> <p>Waffle Sticks *Sausage Juice</p> <p>Lunch</p> <p>Tacos With Fixings Mexican Rice Refried Beans Pears Smores</p>	<p>10</p> <p>Breakfast</p> <p>Egg Omelet Blue Berry Muffin Juice</p> <p>Lunch</p> <p>Turkey and Gravy Mashed Potatoes w/Gravy Steamed Carrots Dinner Roll Applesauce</p>	<p>11</p> <p>Breakfast</p> <p>*Breakfast Bacon Scramble Juice Milk</p> <p>Lunch</p> <p>Popcorn Chicken Au Gratin Potatoes Green Beans Garlic Toast Strawberries</p>	<p>12</p> <p>Breakfast</p> <p>Cooks Choice Juice Milk</p> <p>Lunch</p> <p>Cheese Pizza Salad w/Dressing Applesauce pi π</p>
<p>15</p> <p>Breakfast</p> <p>Cereal Cinnamon Roll Juice</p> <p>Lunch</p> <p>Mini Corndogs Mac and Cheese Green Peas Sliced Pears Juice Bar</p>	<p>16</p> <p>Breakfast</p> <p>*Pancake and Sausage Bites Juice Milk</p> <p>Lunch</p> <p>Spicy Chicken Sichuan Steamed Rice Stir fried Vegetables Orange Smiles Teddy Grams</p>	<p>17</p> <p>Breakfast</p> <p>Cinnamon Pastry Cereal Juice</p> <p>Lunch</p> <p>Hamburger on a Whole Wheat Bun Fries *Baked Beans Apricots Shamrock Cookie</p> 	<p>18</p> <p>Breakfast</p> <p>Breakfast Pizza Juice Milk</p> <p>Lunch</p> <p>Baked Chicken Mashed Potatoes w/Gravy Steamed Vegetables Bread Sticks Peaches</p>	<p>19</p> <p>Breakfast</p> <p>Cooks Choice Juice Milk</p> <p>Lunch</p> <p>Cheese Sticks w/Marinara Sauce Salad w/Dressing Fruit Salad Cookie</p>
<p>22</p> <p>Breakfast</p> <p>Bagel w/Cream Cheese Juice Milk</p> <p>Lunch</p> <p>Chicken Patty on a Whole Wheat Bun Potato Wedges Coleslaw Orange Smiles Cookie</p>	<p>23</p> <p>Breakfast</p> <p>*Bagel Pizza Juice Milk</p> <p>Lunch</p> <p>Nachos with all the fixings Refried Beans Rice Pineapple & Oranges Goldfish Gram</p>	<p>24</p> <p>Breakfast</p> <p>Pancakes w/Syrup *Sausage Juice</p> <p>Lunch</p> <p>Beef Stew over Mashed Potatoes Baking Powder Biscuit Mixed Fruit Cookie</p>	<p>25</p> <p>Breakfast</p> <p>Cinnamon Roll Cheese Stick Juice</p> <p>Lunch</p> <p>Sweet and Sour Chicken Rice Stir Fried Vegetables Sliced Pears</p>	<p>26</p> <p>Breakfast</p> <p>Cooks Choice Juice Milk</p> <p>Lunch</p> <p>Beef Fiestada Taco Salad Strawberries Muffin Top</p>
<p>29</p> <p>Breakfast</p> <p>Funnel Cake Yogurt Juice</p> <p>Lunch</p> <p>Cheese Burger on Whole Wheat Bun Crosswind Fries Baked Beans Pineapple & Oranges Animal Crackers</p>	<p>30</p> <p>Breakfast</p> <p>French Toast *Sausage Juice</p> <p>Lunch</p> <p>Cheese Bread w/Marinara Sauce Salad w/Dressing Rosy Applesauce Juice Bar</p>	<p>31</p> <p>NO SCHOOL CONFERENCES</p>	<p>Meal Prices</p> <p>Breakfast</p> <p>Student 1.40 Adult 1.65</p> <p>Lunch</p> <p>Student 2.50 Reduced .40 Adult 3.50</p>	

Subject to change without notice

Choice of Meat or Peanut butter Sandwich available daily

*Contains Pork

Choice of milk available each day with breakfast & lunch

**Contain Peanuts

*Lactose reduced milk shall be made available upon written request from parent/guardian.