


ST. JOSEPH SCHOOL MENU

MARCH 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 “  ” BACON CHEESEBURGES CORN	2 MACARONI AND CHEESE GREEN BEANS	3 MEATBALL SUBS GREEN PEAS	4 HOT DOGS BAKED BEANS CARROTS	5 “  ” PEPPERONI AND PLAIN PIZZA CORN
Weekly Alternates:	Bologna & Cheese Sandwich (2) Fun lunch(Saltines ,cheese, Yogurt, , fruit punch) (3) Triple peanut butter & jelly or peanut butter marshmallow sandwich (4)			
8 “  ” BEEF TACOS W/ALL THE TOPPINGS GREEN BEANS	9 STEAK AND CHEESE SUBS CARROTS	10 “  ” BARILLA PASTA W/MEATBALLS AND SAUCE WHEAT DINNER ROLL PEAS	11 BACON TURKEY CLUB SANDWICH CHIPS, PICKLES	12 “  ” PEPPERONI AND PLAIN PIZZA CORN
Weekly Alternates:	Ham & Cheese sandwich (2) fun lunch (Mini bagel, cream cheese, hard boiled egg & orange juice) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			
15 HOT ITALIAN SUBS W/LETTUCE AND TOMATO CORN	16 GRILLED CHEESE TOMATO SOUP	17 “  ” THREE CHEESE BAKED ROTINI CORN GARLIC STIX	18 NO SCHOOL	19 NO SCHOOL
Weekly Alternates:	Tuna salad sandwich (2) fun lunch (Tortilla shells with shredded cheese & salsa) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			
22 BBQ BEEF RIBLET ON ROLL GREEN BEANS	23 BEEF NACHOS W/ALL THE TOPPINGS CARROTS	24 “  ” CHICKEN NUGGETS CORN DINNER ROLLS	25 CHEESEBURGERS ON ROLL GREEN PEAS	26 “  ” PEPPERONI AND PLAIN PIZZA GREEN BEANS
Weekly Alternates:	Italian sub (2) fun lunch (Mini bagels with shredded cheese & tomato sauce) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			
29 HOT DOGS BAKED BEANS CORN	30 BEEF TACOS W/ALL THE TOPPINGS GREEN BEANS	31 MEATBALL SUBS CARROTS	“Wellness” All Pizza Served in Elementary Schools is Whole Wheat Pizza	“  ” INDICATES BALANCED CHOICE MEALS
Weekly Alternates:	Turkey Sandwich (2) Peanut Butter & Jelly Fun Lunch(Saltines, Peanut Butter, Jelly, Orange Juice) (3) Triple peanut butter & jelly OR peanut butter marshmallow sandwich (4)			

All meals are served with a choice of milk (low fat or low fat flavored) and fruit (fresh or canned.)

Extra servings of vegetables (excluding potatoes and potato products) and fruits are encouraged. Veggie sticks and/or tossed salad available daily

Student Lunch price: \$2.00& 2.25 Reduced meal price: \$0.40 Milk price: \$0.50 Adult meal price \$3.50

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**Fairhaven Elementary Schools
Breakfast
MARCH 2010**

If you have any questions, please call the Director of Dining Services:: 508-979-4051, Ext. 1002

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Daily Specials</i>				
Whole Wheat Pancakes Maple Syrup Fresh Fruits	Assorted Cereals And Whole Grain Cereal Bars Fresh Fruit	Egg, Ham, Cheese Sandwich on English Muffin Fresh fruits	Whole Wheat French Toast Sticks W/ Maple Syrup Fresh fruits	Whole Wheat Toasted Bagel Lite Cream Cheese Fresh fruits
<p><i>Daily alternates may include:</i></p> <p>Assorted ready-to-eat reduced sugar, whole grain cold cereals, muffins, or bagels, cereal bars Peanut butter cream cheese jelly</p> <p>MEAL PRICES PAID: \$1.50 REDUCED: .30</p>				

All meals are served with a choice of milk (1% low fat or low fat flavored) and a fruit (canned, fresh, or 4-ounce 100% juice)



Welcome to your "Brake for Breakfast" program. Remember to start your day off healthy by eating breakfast. It may even help you to do better with your schoolwork!

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