



For Week of March 15, 2010

DAILY SELECTION (H1) or (H2)

MONDAY
MAR 15 OR
H1 - Breakfast for Lunch - French Toast
 w/Lite Syrup & Breakfast Turkey Sausage
H2 - Fish Filet on a Whole Wheat Bun
 Cinnamon Apple Slices
 Orange Juice

TUESDAY
MAR 16 OR
H1 - Baked Shamrock-Shaped Chicken Nuggets
 w/ Whole Wheat Bread
H2 - Mini Cheeseburgers on a Bun
 Seasoned Vegetables
 Chilled Fruit Cocktail w/ Lite Syrup



LUCKY STICKER DAY

WEDNESDAY
MAR 17 OR
H1 - Max Cheese Sticks w/ Dipping Sauce
H2 - Rib-B-Que Sandwich on a Bun
 Baked Potato Tots
 Chilled Fruit Cocktail in a Lite Syrup
WINNERS RECEIVE A FREE SNACK W/ LUNCH

THURSDAY
MAR 18
H1-Super Sampler Mozzarella Sticks & Chicken Nuggets w/ Mountain Roll
H2- Meatball Sandwich on a Hoagie Roll
 Carrot Coins
 Chilled Peaches in Lite Syrup

FRIDAY
MAR 19 OR
H1 - Pizza Bagel
H2 - Penne Pasta w/ Turkey Meatballs & Sauce & a Whole Wheat Roll
 Baby Carrots & Celery Sticks w/Lite Dressing
 Fresh Variety of Fruit

Available Daily



PEANUT BUTTER & JELLY SANDWICH (P)

BAGEL LUNCH (B)
 Fresh bagel with cream cheese, cheese cubes, fruit selection, vegetable, and milk

CEREAL LUNCH (CL)
 Cheerios, cheese cubes, fruit selection, vegetable, and milk

DELI SPECIAL (D)
 Baked Turkey

YOGURT LUNCH (Y)
 8-ounce strawberry yogurt, baby carrots w/lite dressing, fruit and roll

CHEF SALAD (C)
 Tossed greens with turkey, turkey ham and cheese with roll

PEANUT FREE (PF)

All meals include a milk selection
 Choice of Milk Available:
 2%, Skim, 1% Low-Fat Chocolate

Cut at this line and keep the above menu portion for your reference.



To order lunches for the week, mark the order form below and return it to school **on Wednesday March 10th** with your payment of either cash or check payable to: SCOTCH PLAINS-FANWOOD BOARD OF EDUCATION. If a student is sick on a day lunch was ordered, credit may be arranged if you call your child's school before 9:00 a.m. and request cancellation. It is important to go over the menu with your child. **Mark whichever menu selection your child desires in the boxes below:**

Coles 757-7555 op.3

(H1) for the first Daily Hot Selection (H2) for second Daily Hot Selection (B) for Bagel Lunch (CL) Cereal Lunch
 (P) for Peanut Butter & Jelly Sandwich (D) for Deli Special (Y) for Yogurt Bag (C) for Chef Salad (PF) for Peanut Free

DAY	LUNCH SELECTION
MON MARCH 15	
TUE 16	
WED 17	
THU 18	
FRI 19	
TOTAL AMOUNT	\$

Bread Basket Available Daily
 Fresh Fruit Basket Available Daily
 Menu Subject to Change

AMOUNT OF DAYS	FULL PAID PRICES	REDUCED PRICES
1	\$2.00	\$.40
2	\$4.00	\$.80
3	\$6.00	\$1.20
4	\$8.00	\$1.60
5	\$10.00	\$2.00

STUDENT'S NAME _____

TEACHER/GRADE _____

NOTE TO FREE LUNCH RECIPIENTS: If you plan to participate in the lunch program, you **must** fill out and return this form.