


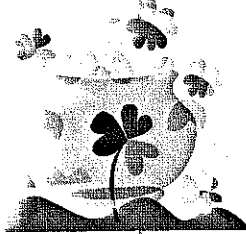


March 2010

Shiloh Charter School



4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN TENDERS W/ POTATO WEDGES Cherry Juice Bar Corn Muffin	2 HAMBURGER Corn Mixed Fruit Cup Honey Wheat Pretzels (Multi Grain)	3 SPAGHETTI W/MEATBALLS Garden Vegetables Pineapple Tidbits Chocolate Chip Cookie	4 HOT DOG AND FRENCH FRIES Fresh Pear^ Double Fudge Cookie	5 PIZZA DIPPERS Marinara Dipping Sauce Fresh Baby Carrots Fresh Apple^ Lemon Crème Cookies
8 	9 NEW BEEF SAUSAGE, EGG, & CHEESE BISCUIT Potato Stix Grape Juice Bar	10 POPCORN CHICKEN W/POTATO FUN SHAPES Cinnamon Apples Cherry Muffin	11 MACARONI & CHEESE Green Beans Soft Breadstick Fresh Banana^ Strawberry Waffle Crackers	12 CHEESE PIZZA Tossed Salad Fresh Orange^
National School Breakfast Week				
15 CHICKEN NUGGETS W/ POTATO ROUNDS Frozen Juice Bar Chocolate Chip Pumpkin Muffin	16 TEX MEX TURKEY RICE BOWL Fruited Gelatin Tortilla Rounds (Whole Grain)	17 BEEF BAGEL DOG Potato Fun Shapes Strawberry Applesauce St. Patrick's Day Cookie NEW St. Patrick's Day	18 TOASTED CHEESE SANDWICH Garden Vegetables Fresh Apple^ Mini Pretzels	19 FRENCH BREAD CHEESE PIZZA Fresh Baby Carrots Fresh Pear^ Appie Waffle Snap Crackers
22 SWEET AND SOUR CHICKEN RICE BOWL Peas & Carrots Soft Breadstick Grape Juice Bar Sugar Cookie	23 SALISBURY STEAK WITH GRAVY Mashed Potatoes Pineapple Cup Wheat Bread	24 TOASTED HAM & CHEESE ON WHEAT BREAD Fiesta Corn Mixed Fruit Cup Goldfish Crackers	25 RIB-B-QUE Potato Rounds Fresh Banana^ Honey Wheat Pretzels (Multi Grain)	26 PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Fresh Orange^ Chocolate Chip Cookie
29 CHICKEN TENDERS Baked Beans Cherry Juice Bar Double Fudge Cookie	30 PENNE PASTA W/MEAT SAUCE Garden Vegetables Applesauce Garlic Bread	31 BREADED CHICKEN FILLET Whole Kernel Corn Chilled Peaches Chocolate Chip Cookie		

*** ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK. *MENU SUBJECT TO CHANGE.



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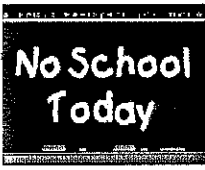
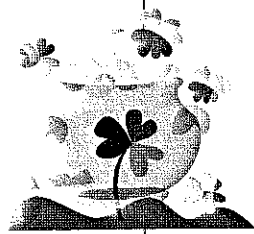


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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
1 COCOA KRISPIES Apple Granola Square Grape Juice	2 TURKEY HAM & CHEESE ON ENGLISH MUFFIN Orange Pineapple Juice Strawberry Waffle Crackers	3 BANANA MUFFIN Grape Juice	4 CINNAMON SWIRL FRENCH TOAST Fresh Apple^	5 FROSTED MINI WHEATS (WHOLE GRAIN) Superstix with strawberry cream cheese Orange Juice
8 	9 APPLE JACKS Glazed Donut Blended Fruit Juice	10 CORN POPS Sliced Bagel Orange Juice	11 BREAKFAST TOASTED CHEESE SANDWICH Fresh Apple^	12 BLUEBERRY MUFFIN Apple Cranberry Juice
National School Breakfast Week				
15 FROSTED FLAKES (REDUCED SUGAR) Strawberry Waffle Crackers Grape Juice	16 BREAKFAST BURRITO Blended Fruit Juice	17 MAPLE EGGO CRUNCH (WHOLE GRAIN) Apple Muffin Grape Juice St. Patrick's Day	18 FRENCH TOAST STICKS Fresh Orange^	19 CINNAMON RAISIN BAGEL Grape Juice
22 RICE KRISPIES Apple Waffle Snap Crackers Orange Pineapple Juice	23 PANCAKE & TURKEY SAUSAGE ON A STICK Grape Juice	24 BLUEBERRY MUFFIN Orange Juice	25 EGG AND CHEESE ON A BAGEL Fresh Apple^	26 MINI WHEATS LITTLE BITES (WHOLE GRAIN) Raisin Bran Muffin Apple Cranberry Juice
29 FROOT LOOPS (REDUCED SUGAR) Strawberry Waffle Crackers Orange Pineapple Juice	30 CHICKEN BISCUIT Grape Juice	31 TOTAL RAISIN BRAN (WHOLE GRAIN) Cinnamon Breakfast Square Apple Juice		

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