

Forest Hills Consolidated School

MARCH 2011

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Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 21 CHICKEN PATTY K - 8 SALISBURY STEAK mashed potatoes green beans cranberry sauce brown gravy milk - variety	Mar - 22 TURKEY NOODLE CASSERO PB & J peas oranges cranberry sauce milk - variety	Mar - 23 HAM SANDWICH TURKEY SALAD SANDWICH pretzels fresh carrot sticks ranch dressing chocolate brownies milk - variety mustard mayo	Mar - 24 CHICKEN FAJITA PB & J pickles lettuce & tomato cheese strawberry cup milk - variety	Mar - 25 TOASTED CHEESE TOASTED CH&PEPPERONI PB & J tomato soup pears crackers milk - variety
Mar - 28 CHICKEN BURGER BACON CHEESE BURGER YOGURT french fries peaches milk - variety ketchup relish	Mar - 29 CHICKEN PASTA BAKE YOGURT fresh wheat bread stix fresh fruit cranberry sauce milk - variety	Mar - 30 MEATBALL SUB PB & J YOGURT corn pudding apples milk - variety	Mar - 31 SALAD BAR 6 - 12 TACO,BEEF YOGURT salsa lettuce & tomato apple crisp whipped topping milk - variety	Apr - 1 HAM & CH SANDWICH PB & J chicken veg & noodle crackers milk - variety
Apr - 4 CHICKEN NUGGETS k - 5 PB & J rice peas milk - variety ketchup barbecue sauce	Apr - 5 MACARONI AND CHEESE YOGURT hot dog pears milk - variety ketchup relish	Apr - 6 FRENCH BREAD PIZZA FRENCH BREAD PIZZA PB & J corn raisins k-5 milk - variety	Apr - 7 BEEF STEW YOGURT homemade biscuit margarine cinnamon applesauce milk - variety	Apr - 8 BBQ CHICKEN ROLL PB & J mixed vegetables tossed salad ranch dressing juice bars K - 5 milk - variety
Apr - 11 CHICKEN BURGER YOGURT french fries peaches milk - variety ketchup mayo	Apr - 12 TURKEY LASAGNA YOGURT fresh wheat bread stix margarine fresh carrot sticks ranch dressing milk - variety	Apr - 13 EARLY DISMISSAL TURKEY SANDWICH PB & J apples potato chips fruit roll up milk - variety mustard mayo	Apr - 14 EARLY DISMISSAL HAM & CH SANDWICH PB & J raisins k-5 fresh fruit milk - variety mayo mustard	Apr - 15 EARLY DISMISSAL BOLONGA SANDWICH PB & J pretzels cheese stick milk - variety mayo mustard

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.