



March 2010

LAKE SIDE UNION SD



| BREAKFAST | | | | |
|--|--|---|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| 1 COCOA KRISPIES Apple Granola Square 100% Fruit Punch | 2 TURKEY HAM & CHEESE ON ENGLISH MUFFIN Grape Juice Graham Crackers | 3 BANANA MUFFIN Fresh Apple | 4 CINNAMON SWIRL FRENCH TOAST Fresh Orange | 5 FROSTED MINI WHEATS (WHOLE GRAIN) Superstix with Strawberry Cream Cheese Fresh Banana |
| 8 APPLE JACKS Brown Sugar Pop Tart Grape Juice | 9 BUTTERMILK WAFFLE 100% Fruit Punch | 10 CORN POPS Sliced Bagel Fresh Orange | 11 BREAKFAST TOASTED CHEESE SANDWICH Fresh Pear | 12 BLUEBERRY MUFFIN Fresh Apple |
| National School Breakfast Week | | | | |
| 15 FROSTED FLAKES (REDUCED SUGAR) Cinnamon Breakfast Square Apple Juice | 16 BREAKFAST BURRITO Grape Juice | 17 MAPLE EGGO CRUNCH (WHOLE GRAIN) Apple Muffin Fresh Pear | 18 FRENCH TOAST STICKS Fresh Apple | 19 CINNAMON RAISIN BAGEL Fresh Banana |
| St. Patrick's Day | | | | |
| 22 RICE KRISPIES Apple Waffle Snap Crackers Orange Pineapple Juice | 23 PANCAKE & TURKEY SAUSAGE ON A STICK Grape Juice | 24 BLUEBERRY MUFFIN Fresh Apple | 25 EGG AND CHEESE ON A BAGEL Fresh Pear | 26 MINI WHEATS LITTLE BITES (WHOLE GRAIN) Raisin Bran Muffin Fresh Orange |
| SPRING BREAK | | | | |
| | | | | |

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



The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a discrimination complaint, write USDA, Director Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. Preferred Meal Systems does not purchase or produce harmful products containing artificial trans fat. However, some products such as beef & cheese contain naturally occurring trans fat which is not harmful.