

Cafe Menu – March 1 – March 19, 2010 *all menus are subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
March 1	March 2	March 3	March 4	March 5
Grilled Chicken Breast Macaroni and Cheese Green Beans Apples with cinnamon Milk Fresh Pasta Garden Salad	Egg noodles/meatballs cheese/lettuce/tomato Tater Tots Bananas Milk Fresh Pasta Garden Salad Blue Jello	Chicken Fajitas Tortillas/cheese Fresh Pinto Beans Spanish Rice Oranges Milk Fresh Pasta Garden Salad	Spaghetti w/meat sauce Garlic Bread Mixed Vegetables Red Grapes Milk Fresh Pasta Garden Salad	Turkey Sandwiches Cheese/Lettuce/Tomato Potato Chips Applesauce Milk Fresh Pasta Garden Salad
March 8	March 9	March 10	March 11	March 12
Baked Ziti w/meat sauce Carrots w/ranch Garlic Bread Applesauce Milk Fresh Pasta Garden Salad	Chicken Fried Chicken Mashed Potatoes Mixed Vegetables Red grapes Milk Fresh Pasta Garden Salad	Beef Chalupas Cheese/lettuce/tomatoes Spanish Rice Refried Beans Apples with cinnamon Milk Fresh Pasta Garden Salad	Baked Chicken Corn on the Cob Dinner Rolls Oranges Milk Fresh Pasta Garden Salad	School Holiday Spring Break March 12 –19
March 15	March 16	March 17	March 18	March 19
Spring Break				

Food Notes:

Our beans are made with garlic and onion only; no fat!
 Our hamburger patties are 100% ground beef made with 90% lean freshly ground beef.
 We use all monounsaturated fats with the exception of a little real butter now and then.
 Any questions? E-mail Rick Pozos, Director of Food Services at rpozos@sa-academy.org