



March 2010

St. Matthew's School



News

Monday	Tuesday	Wednesday	Thursday	Friday
Chicken Fajita's 20g 1 Lettuce & Tomato 7g Chips & Salsa 10 chips = 20g Pineapple 20g	Hot Dogs 25g 2 Tater Tots 19g Green Beans 3g Applesauce 21g	Chicken Patty 48g 3 Mashed Potatoes 17g Gravy 6g Corn 17g Peaches 17g	Pizza 45g 4 Key West Vegetable 7g Mandarin Oranges 17g Cookie 20g	Macaroni & Cheese 48g 5 Tossed Salad 3g Breadsticks 28g Mixed Fruit 19g
Baked Mostaccioli 8 w/meatsauce 38g Tossed Salad 3g Garlic Bread 20g Mixed Fruit 19g	Hot Ham & Cheese on 9 Pretzel Bread 67g Hash Browns 15g Broccoli 5g Pears 20g	Cheeseburgers 33g 10 French Fries 22g California Blend 5g Mandarin Oranges 17g	Meatball Sub 40g 11 Chips 15g Carrots 5g Pineapple 20g	Fish Sandwich 46g 12 Hash Browns 15g Green Beans 3g Applesauce 21g
Cheeseburgers 33g 15 Scalloped Potatoes 22g Green Beans 3g Pears 20g	½ Day of School/ 16 No Hot Lunch	Chicken Tenders 24g 17 Mashed Potatoes 17g Gravy 6g Corn 17g Peaches 17g	Pizza 45g 18 Tossed Salad 3g Pears 20g Oreo Cookie 16g	19 No Hot Lunch Bring Sack Lunch
Spaghetti w/Meatsauce 22 38g Tossed Salad 3g Garlic Bread 20g Warm Apple Slices 18g	Chicken Patty 48g 23 Oven Roasted Potatoes 13g Broccoli 5g Mixed Fruit 19g	Taco's 19g 24 Lettuce & Tomato 7g Spanish Rice 46g Mandarin Oranges 17g	BBQ Pulled Pork 45g 25 Scalloped Potatoes 22g Carrots 5g Applesauce 21g	Fettuccini Alfredo 42g 26 Key West Vegetable 7g Garlic Bread 20g Pineapple 20g
Chicken Teriyaki 31g 29 Fried rice w/Veggies 35g Pineapple 20g Fortune Cookie 5g	Hot Dogs 25g 30 Chips 15g Carrot Sticks 5g Pears 20g	General Tso's Chicken 31 10 pc = 23g Rice 30g Broccoli 5g Mandarin Oranges 17g	April 1 Bruno's Pizza 50g Tossed Salad 3g Mixed Fruit 19g Brownie 34g	April 2 nd – Good Friday No School / No Hot Lunch April 5 th – April 9 th No Hot Lunch Spring Break

