

Lauderdale County Schools

Menu

March 2010

Garden Salad w/Dressings; Fresh Fruit Bowl; Fruit Juice, Assorted & Milk Variety are offered Daily!

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chick. And Dumplings BBQ Rib Sandwich Tuna Salad On Whole Wheat Turnip Greens Mixed Vegetables Scalloped Potatoes Chilled Fruit Cup Orange Wheels Mexican Cornbread	2 Taco Soup Turkey & Cheese On W/Wheat Spicy Chicken Sandwich Garden Salad w/Dressings w/Crackers Baked Potato Margarine Pat Tomato/Cucumber Salad Steamed Carrots Chilled Peach Slices Fresh Seasonal Fruit Bowl	3 Hamburger Italian Rotini Casserole Chef Salad Oven-Baked Potato Wedges Raw Veggies w/Dip Green Beans Zucchini & Yellow Squash Medley Fresh Apple Fresh Bananas Fruity Jell-O Garlic Texas Toast Chocolate Pudding	4 Chicken Nuggets W/Dipping Sauce Sloppy Joe On Bun Tomato Stuff w/ Tuna Salad W/Celery/Carrot Sticks & Dip Spinach/Romaine Salad w/Crackers Black-Eyed Peas Mashed Potatoes Fresh Bananas Pineapple Tidbits Whole Wheat Roll	5 Pizza Hot Dog Fruit And Cottage Cheese Salad Cheesy California Veggie Baked Beans Garden Salad w/Dressings Pear Salad Fresh Seasonal Fruit Bowl Russian Rock Cookies
8 Chicken Trazzini Ham/Cheese Bagel Country Fried Steak Sandwich Lemon-Glazed Carrots English Peas Whole Kernel Corn Pineapple Tidbits Fresh Seasonal Fruit Bowl Whole Wheat Roll	9 Deli Flatbread Sand. Grilled Cheese Sandwich Fruit And Cottage Cheese Salad Vegetable Beef Soup Garden Salad w/Dressings w/Crackers Potato Wedges Banana Berry Blend Apple Delicious Chocolate Pudding	10 Southwestern Chick Sandwich Lasagna Grilled Chicken Salad Green Beans Scalloped Potatoes Spinach/Romaine Salad Tomato/Cucumber Salad w/Crackers Fresh Seasonal Fruit Bowl Chilled Fruit Cup Garlic Texas Toast	11 Hamburger Red Beans And Rice With Sausage Tomato Stuffed With Chicken Salad Baked Sweet Potato W/Cinnamon Butter Seasoned Cabbage Black-Eyed Peas Fresh Seasonal Fruit Bowl Fruity Jell-O Mexican Cornbread	12 Pizza American Sub Sand. w/Sunchips Baked Potato Margarine Pat Sour Cream Garden Salad w/Dressings Steamed Broccoli Fresh Apple Chilled Peach Slices
15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break
22 Chicken Fajitas Steak Fingers Chicken Salad/Crackers w/Mandarin Fruit Cup Mashed Potatoes Garden Salad w/Dressings English Peas Fresh Seasonal Fruit Bowl Rosey Applesauce Chocolate Pudding Whole Wheat Roll	23 Baked Corn Dog Beef-A-Roni Chicken Salad On Whole Wheat w/Sunchips Garden Salad w/Dressings Green Beans Black Bean Salad Glazed Baby Carrots Chilled Peach Slices Fresh Seasonal Fruit Bowl Garlic Texas Toast	24 Hamburger Steak w/Brown Gravy Chicken Quesadillas Chef Salad Whole Kernel Corn Southern Greens Raw Veggies w/Dip Orange Wheels Apple Delicious Rice Mexican Cornbread	25 BBQ Chicken Hot Dog Fruit And Cottage Cheese Salad Spinach/Romaine Salad Baked Beans Seasoned Cabbage Au Gratin Potatoes Fresh Seasonal Fruit Bowl Fruity Jell-O Whole Wheat Roll Vanilla Pudding	26 Pizza Turkey & Cheese On Whole Wheat w/Celery/Carrot Sticks & Dip Potato Soup w/Crackers Garden Salad w/Dressings Carrot-Raisin Salad Tomato/Cucumber Salad Fresh Seasonal Fruit Bowl Fresh Grapes Chocolate Pudding
29 Hamburger Huntington Chicken Tuna Salad & Crackers W/Carrot Sticks & Dip Oven Fries Baked Beans Broccoli Salad Fresh Seasonal Fruit Bowl Chilled Pear Slices Whole Wheat Roll	30 Spaghetti w/Meat Sauce American Sub Sand. Chicken Salad/Crackers Green Beans Tomato/Cucumber Salad Tater Tots Spinach/Romaine Salad Fresh Seasonal Fruit Bowl Fruity Jell-O Garlic Texas Toast Rice Krispie Treat	31 Beefy Nachos Grande Spicy Chicken Sandwich Tuna Salad Sandwich W/Sunchips Raw Veggies w/Dip Black Bean Salad Whole Kernel Corn Seasoned Lima Beans Pineapple Tidbits Tangerine		
BREAKFAST				
Sausage or Ham Biscuit Grill Ham & Cheese Assorted Fruit Variety of Milk	Sausage or Ham Biscuit French Toast Sticks Assorted Fruit Variety of Milk	Sausage or Ham Biscuit Cheese Grits & Ham Assorted Fruit Variety of Milk	Sausage or Ham Biscuit Cinnamon Bun w/Ham Assorted Fruit Variety of Milk	Sausage or Ham Biscuit Cereal w/Wheat Toast Assorted Fruit Variety of Milk

This institution is an equal opportunity provider
 Menus subject to change "without notice" due a availability of items