

MARCH 2010
MONDAY

NORTH FOREST INDEPENDENT SCHOOL DISTRICT
TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>1 Sausage Kolache w/ Syrup</p> <p>Pizza Or Sliced Ham Seasoned Corn Broccoli Au Gratin Yeast Roll Choice of Assorted Fruit</p>	<p>2 IW French Toast</p> <p>Spaghetti w/ Meat Sauce Sweet Peas Cornbread Or Meat Salad on Lettuce Saltine Crackers or Roll Pickle Spears Choice of Assorted Fruit</p>	<p>3 IW Breakfast Pastry</p> <p>Hamburger on Bun W/ Cheese (optional) & Condiments Lettuce, Tomato & Pickle or Chicken Nuggets Biscuit w/ PC Jelly Oven Potatoes Pinto Beans Choice of Assorted Fruit</p>	<p>4 Kellogg Jump Start</p> <p>Roast Turkey Or Pork Roast Cranberry Sauce Rice w/ Brown Gravy Green Beans Baked Sweet Potatoes w/ Apple Yeast Roll</p> <p><i>Celebrating Easter</i></p>	<p>5 Toasted Ham & Cheese Sandwich</p> <p>Seafood Burger on Bun w/ Lettuce/Tomato/Pickle & Condiment or Stir Fry over Rice Steamed Cabbage Cornbread Apple Cobbler</p>
<p>8 IIW Pancakes</p> <p>Pizza Or Chicken or Beef Vegetable Soup Toasted Cheese Sandwich Lettuce & Tomato Salad w/ Dressing Choice of Assorted Fruit</p>	<p>9 IW Breakfast Pastry</p> <p>Chicken Fajita w/ Sautéed Onion & Pepper on Flour Tortilla Or Corn Dog w/ Condiments Mexicali Corn Choice of Assorted Fruit</p>	<p>10 IW French Toast</p> <p>Hamburger on Bun w/ Condiments & Cheese (optional) Lettuce/Sliced Tomato/ Pickles Or Chicken Stir Fry Over Rice Seasoned Great Northern Beans W W Roll Choice of Assorted Fruit</p>	<p>11 Big Bowl Cereal</p> <p>Oven Fried Chicken Or Home-style Meatloaf Au Gratin Potatoes Romaine Blend w/ Tomato/ Dressing Yeast Roll Applesauce in Gelatin</p>	<p>12 Toasted Ham & Cheese Sandwich</p> <p>Chili w/ Beans Baked Scrabble Cheez-It Crackers Or Crispy Tacos w/ Taco Sauce Lettuce/Tomato Salad Oven Potatoes Choice of Assorted Fruit</p>
<p>15 <u>SPRING BREAK</u></p>	<p>16 <u>SPRING BREAK</u></p>	<p>17 <u>SPRING BREAK</u></p>	<p>18 <u>SPRING BREAK</u></p>	<p>19 <u>SPRING BREAK</u></p>
<p>22 Big Bowl Cereal</p> <p>Pizza Or Corn Dog w/ Condiments Great Northern Beans Romaine Blend w/ Tomatoes PC Salad Dressing Choice of Assorted Fruit</p>	<p>23 IW Waffle</p> <p>BBQ or Sloppy Joe on Bun Sliced Pickles & Onion Or Chicken Nuggets Fresh Baked Roll Mixed Vegetables Choice of Assorted Fruit</p>	<p>24 IW Pancake w/ Sausage</p> <p>Hamburger on Bun Lettuce/Tomato/Pickle Baked Chips Or Chili-Mac Steamed Broccoli Cornbread or Roll Choice of Assorted Fruit</p>	<p>25 IW Breakfast Pastry</p> <p>Beans and Cheese Tostada Taco Salad & Taco Sauce Or Oven BBQ Chicken Rice Pilaf Green Beans Yeast Roll Baked Cinnamon Apples</p>	<p>26 Toasted Ham & Cheese Sandwich</p> <p>Fish Wedge w/ Tartar Sauce or Catsup Pasta Salad Or Chef Salad w/ Dressing Saltine Crackers Oven Potatoes Choice of Assorted Fruit</p>
<p>29 IW Sausage Kolache w/ PC Syrup</p> <p>Pizza Or Sliced Ham Whole Kernel Corn Broccoli Au Gratin Yeast Roll Choice of Assorted Fruit</p>	<p>30 IW French Toast</p> <p>Spaghetti w/ Meat Sauce Or Meat Salad on Lettuce w/ Pickle Spear Sweet Peas Choice of Roll and Saltine Crackers Choice of Assorted Fruit</p>	<p>31 IW Breakfast Pastry</p> <p>Chicken Tenders/Nuggets W/ Cranberry Sauce Roll or Biscuit or Crispy Tacos w/ Taco Sauce Taco Salad Oven Potatoes Choice of Assorted Fruit</p>	<p>ELEMENATARY AND MIDDLE SCHOOL REIMBURSABLE MENU Price List: All meals served to student are at no cost. Adult breakfast: \$2.50; Lunch: \$3.00 We are a Provision 2 School District and as such, all meals to students are at "NO COST." All elementary Schools (except Thurgood Marshall) have breakfast in the classroom. The time of service is generally 7:30-8:00 a.m. with minor variations from school to school. Chef Salad Meal or Baked Potato Meal is offered daily as a Healthy Choice Meals Offer vs. Serve is implemented in grades K-12 except at Thurgood Marshall. North Forest complies with the Mandated Texas Nutrition Policy</p>	