






ISD 279 OSSEO AREA SCHOOLS ELEMENTARY LUNCH MENU MARCH 2010



ELEMENTARY LUNCH PRICES

| | |
|--------------------------------|--------|
| Elem. Student "Paid" | \$2.00 |
| Student "Reduced" | \$4.00 |
| Student "Free" | FREE |
| Student's Second Lunch | \$2.50 |
| Preschool Visiting Child | \$2.50 |
| Adult | \$3.10 |
| Milk | \$5.00 |

Menu subject to change without notice.
Sliced Bread Offered Daily

| MONDAY, MARCH 1 | TUESDAY, MARCH 2 | WEDNESDAY, MARCH 3 | THURSDAY, MARCH 4 | FRIDAY, MARCH 5 |
|--|--|---|---|---|
| Teriyaki Chicken Seasoned Brown Rice Blend California Blend Vegetables Fresh Veggie Sticks Corn Muffin or Corn Bread Assorted Fruit Choices Milk Choices | Toasted Cheese Sandwich Creamy Tomato Soup Steamed Mixed Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices | Spaghetti with Meat or Meatless Sauce Creamy Cole Slaw Steamed Green Peas Fresh Veggie Sticks Warm School Made Garlic Bread Assorted Fruit Choices Milk Choices | All Beef Hot Dog on a Wheat Bun Oven Crisp French Fries Baked Beans Fresh Veggie Sticks Assorted Fruit Choices Milk Choice | Cheese or Pepperoni Pizza Romaine Blend Garden Salad with Low Fat Dressing Seasoned Brown Rice Blend Steamed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices |
| ALTERNATE: Hamburger on a Wheat Bun | ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun | ALTERNATE: Cheese Pizza | ALTERNATE: Sliced Turkey on Whole Grain Bread | ALTERNATE: Yogurt Cup with String Cheese |
| MONDAY, MARCH 8 | TUESDAY, MARCH 9 | WEDNESDAY, MARCH 10 | THURSDAY, MARCH 11 | FRIDAY, MARCH 12 |
| Breaded Chicken Strips Dipping Sauces Whipped Potatoes with Low Fat Gravy Steamed Mixed Vegetables Warm School Made Wheat Dinner Roll Fresh Veggie Sticks Assorted Fruit Choices Milk Choices | Fish on a Wheat Hamburger Bun Steamed Green Beans Sliced Dill Pickles Fresh Veggie Sticks Assorted Fruit Choices School Made Cookie # ** Milk Choices |  NUTRITION MANAGER'S PLANNED DAY | Italian Dunker Cheese Bread Meat or Marinara Sauce Romaine Blend Garden Salad with Choice of Low Fat Dressings California Blend Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices |  NO SCHOOL MARK REPORTING |
| ALTERNATE: Hamburger on a Wheat Bun | ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun | ALTERNATE: Cheese Pizza | ALTERNATE: Sliced Turkey on Whole Grain Bread | ALTERNATE: Yogurt Cup with String Cheese |
| MONDAY, MARCH 15 | TUESDAY, MARCH 16 | WEDNESDAY, MARCH 17 | THURSDAY, MARCH 18 | FRIDAY, MARCH 19 |
| "BRUNCH FOR LUNCH"  | Low Fat Mini Corn Dogs Oven Crisp Waffle Cut Potatoes Steamed Green Beans Fresh Veggie Sticks Assorted Fruit Choices Fun Shaped Crackers Milk Choices | Clover Shaped Chicken Nuggets Whipped Potatoes with Low Fat Gravy Steamed Mixed Vegetables Bread Choice Fresh Veggie Sticks Assorted Fruit Choices Milk Choices | Taco , Hard of Soft Shell Taco Sauce and Salsa Fresh Romaine Blend Greens Fiesta Seasoned Brown Rice Black Beans Whole Kernel Corn Fresh Veggie Sticks Assorted Fruit Choices Milk Choices | Popcorn Shrimp Steamed Carrots Fresh Veggie Sticks Bread Choice Assorted Fruit Choices Milk Choices |
| ALTERNATE: Hamburger on a Wheat Bun | ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun | ALTERNATE: Cheese Pizza | ALTERNATE: Sliced Turkey on Whole Grain Bread | ALTERNATE: Yogurt Cup with String Cheese |
| MONDAY, MARCH 22 | TUESDAY, MARCH 23 | WEDNESDAY, MARCH 24 | THURSDAY, MARCH 25 | FRIDAY, MARCH 26 |
| Teriyaki Chicken Seasoned Brown Rice Blend California Blend Vegetables Fresh Veggie Sticks Corn Muffin Assorted Fruit Choices Milk Choices | Hot "Turkey" Ham & Cheese On a Wheat Bun Home Made Soup Steamed Mixed Vegetables Fresh Veggie Sticks Assorted Fruit Choices Milk Choices | BBQ Sandwich on a Whole Wheat Bun Baked Beans Steamed Green Peas Bag of Baked Chips Fresh Veggie Sticks Assorted Fruit Choices Milk Choices | MEDITERRANEAN DAY Gyro on Flatbread with Tzatziki Sauce Mediterranean Pasta Salad Honey Glazed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices | Cheese or Pepperoni Pizza Romaine Blend Garden Salad with Low Fat Dressing Seasoned Brown Rice Blend Steamed Carrots Fresh Veggie Sticks Assorted Fruit Choices Milk Choices |
| ALTERNATE: Hamburger on a Wheat Bun | ALTERNATE: Breaded Chicken Patty on Fresh Wheat Bun | ALTERNATE: Cheese Pizza | ALTERNATE: Sliced Turkey on Whole Grain Bread | ALTERNATE: Yogurt Cup with String Cheese |

| WEEKLY TOTAL NUTRITIONAL | STANDARD | ACTUAL |
|--------------------------|----------|--------|
| FOOD ENERGY (CALORIES) | 664 | 683 |
| IRON—mg | 3.47 | 4.76 |
| CALCIUM—mg | 286 | 565.8 |
| VITAMIN A—I.U. | 1119 | 8728 |
| VITAMIN C—mg | 15.24 | 31.73 |
| PROTEIN—Grams | 9.77 | 27.68 |
| % CALORIES FROM FAT | <30 | 21.38 |
| FOOD ENERGY (CALORIES) | 664 | 633 |
| IRON—mg | 3.47 | 4.38 |
| CALCIUM—mg | 286 | 497.2 |
| VITAMIN A—I.U. | 1119 | 8024 |
| VITAMIN C—mg | 15.24 | 32.14 |
| PROTEIN—Grams | 9.77 | 26.60 |
| % CALORIES FROM FAT | <30 | 26.75 |
| FOOD ENERGY (CALORIES) | 664 | 671 |
| IRON—mg | 3.47 | 7.45 |
| CALCIUM—mg | 286 | 489.6 |
| VITAMIN A—I.U. | 1119 | 7800 |
| VITAMIN C—mg | 15.24 | 19.70 |
| PROTEIN—Grams | 9.77 | 25.08 |
| % CALORIES FROM FAT | <30 | 25.39 |
| FOOD ENERGY (CALORIES) | 664 | 675 |
| IRON—mg | 3.47 | 5.09 |
| CALCIUM—mg | 286 | 559.3 |
| VITAMIN A—I.U. | 1119 | 12237 |
| VITAMIN C—mg | 15.24 | 27.36 |
| PROTEIN—Grams | 9.77 | 28.20 |
| % CALORIES FROM FAT | <30 | 21.31 |



* May contain Pork
May contain nuts or peanut butter
Any school made item could contain any of the above, please check with Kitchen Manager at site.
Allergy Notice: Products have been made in the District Kitchens or plants where milk, eggs, soy beans, tree nuts, peanuts and other ingredients are used.

The nutrient analysis is based on the menu as written. Alternate menu choices are available daily but are not included in the weekly menu analysis.

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To file a complaint, write USDA, Director, Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (Voice and TDD). USDA is an equal opportunity provider and employer.



Free and Reduced
Meal Applications
may be picked up at
any school within
District 279 or the
District Office.