




R J GREY JR HIGH SCHOOL MARCH 2008 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3) Everyone's Favorite! Baked Chicken Nuggets Golden Corn Whipped Potatoes Wheat Dinner Roll Fresh Fruit Choices	4) Buffalo Chicken Wrap Lettuce, Tomato, Sour Cream Side of Veggies Chilled or Fresh Fruit Selections	5) Baked Mozzarella Sticks with Marinara Sauce Steamed California Veggies Assorted Fruits	6) Bacon, Egg, and Cheese on a toasted English Muffin Potato Puffs Cinnamon Spiced Apples Fresh Fruit	7) Sal's North End Pizza w/choice of toppings Fresh Veggie Sticks Fresh Garden Salad Fruit
10) Chicken O's w/ Dipping Sauce Seasoned Broccoli, Caul. & Carrots Brown Rice Whole Wheat Roll Fruit Cocktail	11) Grilled Cheese Sandwich Baked Smiley Fries Fresh Veggie Sticks Cole Slaw Chilled or Fresh Fruit Selections	12) Baked New York Style Pretzel Mozzarella Cheese Stick Choice of Veggies Low Fat Yogurt Chilled or Fresh Fruit	13) Warm Bread Sticks with Meat or Marinara Sauce Fresh Caesar Salad Peas & Carrots Assorted Fruits	14) Pizzeria Pizza! Fresh Garden Salad Energizer Trail Mix Chilled or Fresh Fruits
17) Happy St. Patrick's Day! Wings of Fire! Fresh Veggie Sticks Potato Wedges Shamrock Shaped Cookie Chilled or Fresh Fruit 	18) Teriyaki Chicken on a Wheat Roll Tender Sweet Corn Choice of Fruit	19) Build your own Burger! Lean Beef Patty on Whole Wheat Roll Spiral Fries Mixed Veggie Choices Fruits	20) Pizza Pockets Fresh Garden Salad California Blend Veggies Fruit Choices	21) Good Friday No School
24) Chicken Drumsticks Steamed Brown Rice Seasoned Green Beans Dinner Roll Chilled or Fresh Fruit	25) Kayem Light Hot Dog on a Roll Baked Vegetarian Beans Mixed Veggies Assorted Fruits	26) Managers Choice! 	27) Spicy Chicken Patty on a Wheat Roll Steamed Carrots Choice of Potato Choice of Fruit	28) Sal's North End Pizza w/choice of Toppings Fresh Caesar Salad Chilled or Fresh Fruit Choices
31) Baked Chicken Nuggets Steamed Rice Oriental Blend Vegetables Whole Wheat Roll Chilled or Fresh Fruit		Assorted Fresh Salad Plates, Deli Sandwiches, Peanut Butter and Jelly, and Fresh Fruits are offered daily. Menu subject to change without notice. All meals are planned to meet the Dietary Guidelines.		

March is National Nutrition Month! Vary your Veggies - Make sure 1/2 of your grains are whole- Focus on Fruits