

Lunch Price:
\$3.00
Milk: .50



Howard County Public School System
March 2010 Middle School Menu



National Nutrition Month

NATIONAL NUTRITION MONTH

March is National Nutrition Month. The Food & Nutrition Service is very pleased to let you know that we have a new addition to The Howard County Public School System's Website called Schoolmenus.com. You can see the nutritional value of each menu item in a drop down box. Parents and students can use it to plan their choices for the day and calculate their nutritional intake at the same time. It will give you a better understanding of the nutrients you are getting in the combinations you put together from the choices on the menu. It is a very good tool to learn about nutrition in an applied way for everyday life. To find the new link on the HCPSS.com website, go to "lunch menus" on the left of the homepage. When you click on it you will see a link marked new in red called schoolmenus.com. At that site, parents and students can create their own password to view their specific school's menu. The site will show the daily and weekly menu as well as future week's menus, as soon as they are posted. It is a colorful, fun site with many aspects including: menus, nutritional values of foods, nutrition and fitness messages by nationally recognized experts in their field, exercise tips, allergen information, a kids area for food related activities, coupons for parents to print and use, frequently asked questions as well as prices, prepaid meal plans and the local weather. It is a very informative site, one that we hope the school system community will use and enjoy.

Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
Chicken Nuggets w/Noodles Alfredo Steak Sub on Seeded Roll Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selection of:</i> Fresh Fruit, Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes and <i>Today's Hot Vegetable:</i> Lima Beans 1% Flavored, Unflavored or Nonfat Milk	Beef Tacos w/Soft or Corn Tortilla Turkey Wrap w/Ranch Dressing Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit, Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes and <i>Today's Hot Vegetable:</i> Mixed Vegetables 1% Flavored, Unflavored or Nonfat Milk	Mashed Potato Bowl w/Roasted Turkey Gravy/Corn & Dinner Roll Tuna Salad Sandwich w/Whole Wheat Roll Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit, Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes and <i>Today's Hot Vegetable:</i> Sweet Corn 1% Flavored, Unflavored or Nonfat Milk	Baked Chicken w/Dinner Roll Cheddar Cheese Burgers w/Sandwich Roll Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit, Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes and <i>Today's Hot Vegetable:</i> Cream of Broccoli Soup 1% Flavored, Unflavored or Nonfat Milk	Sloppy Joe w/Sandwich Roll Fish Shapes & Chips w/Dinner Roll Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit, Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes and <i>Today's Hot Vegetable:</i> Sliced Zucchini 1% Flavored, Unflavored or Nonfat Milk

Monday, March 8 Tuesday, March 9 Wednesday, March 10 Thursday, March 11 Friday, March 12

NATIONAL SCHOOL BREAKFAST WEEK ~ MARCH 8 - 12, 2010

Burger Wraps w/Cheese & Pickles Turkey Stir Fry w/Rice Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit, Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes and <i>Today's Hot Vegetable:</i> California Blend Vegetables 1% Flavored, Unflavored or Nonfat Milk	Popcorn Chicken w/Potato Roll Toasted Ham & Cheese Sandwich Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit, Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes and <i>Today's Hot Vegetable:</i> BBQ Baked Beans 1% Flavored, Unflavored or Nonfat Milk	Lasagna w/Meat Sauce & Sliced Bread Chicken Patty w/Sandwich Roll Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit, Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes and <i>Today's Hot Vegetable:</i> Steamed Green Beans 1% Flavored, Unflavored or Nonfat Milk	Hot Turkey Sandwich w/Gravy Ribique Sub on Seeded Roll Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit, Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes and <i>Today's Hot Vegetable:</i> Mashed Potatoes w/Gravy 1% Flavored, Unflavored or Nonfat Milk	Fish Sandwich w/Tartar Sauce Beef Tacos w/Flour or Corn Tortillas Make Your Own Salad Plate <i>All Lunches Include Salad Bar Selections of:</i> Fresh Fruit, Fruit in Light Syrup Vegetables, Beans either Pasta, Rice or Potatoes and <i>Today's Hot Vegetable:</i> Succotash 1% Flavored, Unflavored or Nonfat Milk
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~ Offered Daily ~

~ Cheese & Pepperoni Pizza w/Whole Grain Crust ~ Yogurt, Fruit & Bagel Plate ~ Whole Wheat Bread & Rolls ~