

**Meal Prices**

Student Lunch : \$ 1.75  
 Student Reduced Lunch: \$ .40  
 Adult Lunch Price: \$3.00

**A COMPLETE ELEMENTARY LUNCH INCLUDES:**

ONE ENTRÉE  
 UP TO 3 DIFFERENT SIDES  
 ONE MILK

**Eden Hall Upper Elementary  
 Lunch Menu  
 MARCH 2010  
 March is National Nutrition Month**



**Incomplete Meals Are**

**Charged At Ala Carte Prices**

**Extra Entrée \$1.25**

**One entrée with two other items is defined as a Lunch using the USDA Offer vs. Serve guidelines**

**Bottled Water-8.5 oz.-50¢ Ala Carte Only**

**Daily Snack Price- .50¢ or .60¢**

1	2	3	4	5
<p><b>Select One Entrée</b>                      Chicken Parmesan w/wo Breadstick                      Burger w/wo Cheese on a Bun                      Ham &amp; Cheese on a Bun                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Side of Pasta w/Sauce                      Green Beans                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Pancake Wrapped Sausage on a Stick w/wo Syrup                      Chicken Patty on a Bun                      Turkey &amp; Cheese Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Baked Potato Smiles                      Chocolate Pudding w/wo Topping                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Trix Yogurt                      w/wo Soft Pretzel                      Hot Dog on a Bun                      BLT Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Hashbrown Triangle                      Mandarin Oranges                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Taco in a Bag                      w/wo Salsa                      BBQ Rib on a Bun                      Chicken Caesar Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Seasoned Rice                      Steamed Broccoli                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Macaroni &amp; Cheese w/wo Roll                      Tuna Salad on Wheat                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Tomato Soup                      Goldfish Crackers                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>
<p><b>AVERAGE FOR THE WEEK</b>                      Calories: 730 Iron: 4.1 mg. Calcium: 493.4 mg. Vitamin A: 1410 IU Sodium: 2117 mg                      Total Fat: 24.8 % of Calories Sat. Fat: 8.9 % of Calories</p>				
8	9	10	11	12
<p><b>Select One Entrée</b>                      Hot Italian Hoagie w/wo Lettuce &amp; Tomato                      Burger w/wo Cheese on a Bun                      Ham &amp; Cheese on a Bun                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Garden Pasta Salad                      Fun Size Baked Doritos                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Ravioli w/wo Sauce w/wo Breadstick                      Chicken Patty on a Bun                      Turkey &amp; Cheese on a Bun                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Green Beans                      Vanilla Pudding w/wo Topping                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Steak &amp; Cheese Hoagie w/wo Lettuce Topping                      Hot Dog on a Bun                      Buffalo Chicken Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Baked French Fries                      Peas &amp; Carrots                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Make Your Own Pita Pizza w/wo Pepperoni                      BBQ Rib on a Bun                      Ham &amp; Cheese on a Bun                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Caesar Salad                      Mini Ice Cream Sandwich                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Pierogies w/wo Roll w/wo Sautéed Onions                      Cheese or Pepperoni Pizza                      Egg Salad on Wheat                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Steamed Broccoli                      Cole Slaw                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>
<p><b>AVERAGE FOR THE WEEK</b>                      Calories: 707 Iron: 4.1 mg. Calcium: 537.0 mg. Vitamin A: 2186 IU Sodium: 2102 mg                      Total Fat: 27.6 % of Calories Sat. Fat: 10.0 % of Calories</p>				
15	16	17	18	19
<p><b>Select One Entrée</b>                      Chicken Nuggets w/wo Roll                      Burger w/wo Cheese on a Bun                      Italian Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Seasoned Noodles                      Garden Peas                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Meatball Sub w/wo Cheese                      Chicken Patty on a Bun                      Ham &amp; Cheese Sub                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Baked Tater Tots                      Munchie Snack Mix                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Irish Baked Potato w/wo Roll w/wo Toppings                      Hot Dog on a Bun                      Chili w/wo Salties                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Steamed Broccoli                      Side of Chili                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Popcorn Chicken w/wo Roll                      BBQ Rib on a Bun                      Turkey &amp; Cheese Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Whipped Potatoes/Gravy                      Golden Corn                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Fish Sandwich w/wo Cheese                      Big Daddy Plain or Pepperoni Pizza                      Three Cheese Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Italian Pasta Salad                      Fruit Juice Shape Up                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>
<p><b>AVERAGE FOR THE WEEK</b>                      Calories: 785 Iron: 4.5 mg. Calcium: 439.0 mg. Vitamin A: 1599 IU Sodium: 2432 mg                      Total Fat: 24.5 % of Calories Sat. Fat: 9.6 % of Calories</p>				
22	23	24	25	26
<p><b>Select One Entrée</b>                      Chicken Fajita w/wo Salsa                      Burger w/wo Cheese on a Bun                      BLT Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Seasoned Curley Fries                      Golden Corn                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Beef Teriyaki w/wo Fortune Cookie                      Chicken Patty on a Bun                      Bologna &amp; Cheese on a Bun                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Seasoned Rice                      Carrot Coins                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Chicken Fryz w/wo Roll                      Hot Dog on a Bun                      Buffalo Chicken Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Whipped Potatoes/Gravy                      Green Beans                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Spaghetti w/wo Meatsauce w/wo Garlic Bread                      BBQ Rib on a Bun                      Turkey &amp; Cheese on a Bun                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Tossed Salad                      Lemon Pudding w/wo Topping                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Trix Yogurt w/wo Soft Pretzel                      Cheese or Pepperoni Pizza                      Tuna Salad Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Baked Potato Smiles                      Oatmeal-Raisin Cookie                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>
<p><b>AVERAGE FOR THE WEEK</b>                      Calories: 736 Iron: 4.2 mg. Calcium: 444.1 mg. Vitamin A: 2107 IU Sodium: 2199 mg                      Total Fat: 25.2 % of Calories Sat. Fat: 8.3 % of Calories</p>				
29	30	31		
<p><b>Select One Entrée</b>                      Mini Corn Dogs w/wo Roll                      Burger w/wo Cheese on a Bun                      Italian Hoagie                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Baked Potato Smiles                      Vegetarian Beans                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      French Toast Sticks w/wo Sausage Patty                      Chicken Patty on a Bun                      Ham &amp; Cheese on a Bun                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Hashbrown Triangle                      Cinnamon Apple Slices                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>	<p><b>Select One Entrée</b>                      Chicken Nuggets w/wo Roll                      Hot Dog on a Bun                      Turkey &amp; Cheese Wrap                      Salad Bar Meal                      Peanutbutter &amp; Jelly Sandwich  <i>May Select Up to 3 Sides</i>                      Carrots &amp; Celery w/wo Dip                      Seasoned Noodles                      Carrot Coins                      Fresh/Canned Fruit Selection  <b>Select One Milk</b></p>		

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