

Capt. Nathan Hale School March, 2010



Student Lunch.....\$2.25
 Deluxe Pizza Lunch \$2.75*
 Milk only.....50¢
 Student Breakfast....\$1.25
 Adult Lunch.....\$3.50
 Adult Breakfast.....\$1.50



All Meals include a choice of Skim or 1% White Milk or 1/2 % Chocolate Milk

Also available daily for 85¢ are snacks which meet the CT Healthy Food Guidelines

Bottled water is available for 85¢
 Fresh Fruit is 50¢



Monday, March 1	Tuesday, March 2	Wednesday, March 3	Thursday, March 4	Friday, March 5
<p><u>Choose one</u></p> <p>1. Chicken Rings Potato Puffs</p> <p>2. Hot Dog on a Roll</p> <p><u>Choose up to Three</u></p> <p>Mixed Vegetables Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Mozzarella Sticks with Marinara Sauce</p> <p>2. Cheeseburger</p> <p><u>Choose up to Three</u></p> <p>Potato Wedges Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Nacho Grande</p> <p>2. Hot Dog on a Roll</p> <p>3. Deluxe Pizza Slice* *new choice \$2.75</p> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Italian Dunkers with Meat Sauce</p> <p>2. Cheeseburger</p> <p><u>Choose up to Three</u></p> <p>Green Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Stuffed Crust Pizza</p> <p>2. Hot Dog on a Roll</p> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>
Monday, March 8	Tuesday, March 9	Wednesday, March 10	Thursday, March 11	Friday, March 12
<p><u>Choose one</u></p> <p>1. Chicken Pattie on a Roll</p> <p>2. Hot Dog on a Roll</p> <p><u>Choose up to Three</u></p> <p>Baked Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Pasta with Meat Sauce Garlic Bread</p> <p>2. Cheeseburger</p> <p><u>Choose up to Three</u></p> <p>Green Beans Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. French Toast & Sausage</p> <p>2. Hot Dog on a Roll</p> <p>3. Deluxe Pizza Slice*</p> <p><u>Choose up to Three</u></p> <p>Hot Apple Slices Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Orange Chicken & Rice Bowl</p> <p>2. Cheeseburger</p> <p><u>Choose up to Three</u></p> <p>Carrots Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Stuffed Crust Pizza</p> <p>2. Hot Dog on a Roll</p> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>
Monday, March 15	Tuesday, March 16	Wednesday, March 17	Thursday, March 18	Friday, March 19
<p><u>Choose one</u></p> <p>1. Corn Dog Nuggets Buttered Noodles</p> <p>2. Hot Dog on a Roll</p> <p><u>Choose up to Three</u></p> <p>Pudding Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Bacon Cheeseburger</p> <p>2. Cheeseburger</p> <p><u>Choose up to Three</u></p> <p>Sweet Potato Fries Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Italian Hot Pockets</p> <p>2. Hot Dog on a Roll</p> <p>3. Deluxe Pizza Slice*</p> <p><u>Choose up to Three</u></p> <p>Garden Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Twin Mexican Tacos Fluffy Rice</p> <p>2. Cheeseburger</p> <p><u>Choose up to Three</u></p> <p>Corn Niblets Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>	<p><u>Choose one</u></p> <p>1. Stuffed Crust Pizza</p> <p>2. Hot Dog on a Roll</p> <p><u>Choose up to Three</u></p> <p>Fresh Tossed Salad Fresh Baby Carrots Fresh Fruit Assorted Cupped Fruit 100% Fruit Juice</p>

New offering on Wednesdays!

Try our *Deluxe Pizza Slice!*

A large slice of freshly baked cheese pizza, with vegetable of the day, fruit, juice and milk.

Only \$2.75!

Enjoy!

