

MENU SUBJECT TO CHANGE!



FRETZ MIDDLE SCHOOL LUNCH MENU MARCH 2010

OFFERED DAILY

LUNCH PRICES

STUDENT PAID \$1.45
STUDENT REDUCED \$0.40
ADULT \$3.00

YOU **MUST** CHOOSE 1 ENTRÉE.
YOU *MAY* CHOOSE UP TO 3 SIDES.

YOU **MAY** CHOOSE 1 MILK

YOU **MUST** HAVE 1 ENTRÉE PLUS 2 OTHER ITEMS TO QUALIFY FOR THE SCHOOL LUNCH PRICE.

DAILY MILK SELECTION:

1% White, 1% Flavored or Skim Milk Available

In addition to the fruit choices listed on the menu, we will also have at least 2 fresh and 1 canned fruit available daily.

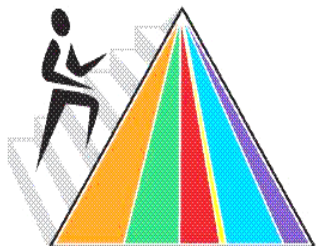
Vegetable Choices May


Include :

Hot Steamed Vegetables, Tossed Salad, Coleslaw, Carrot Sticks, Celery Sticks, Oven Fries & Tater Tots

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Steps to a healthier you!



Monday	Tuesday	Wednesday	Thursday	Friday
1 Signature Entree Cheesesteak Sandwich J Clarkes Grille Hot Ham & Cheese on a Bun Greens & Things Apple Juice Spanish Rice Tossed Salad	2 Signature Entree Hot Dog J Clarkes Grille Chicken Patty Sandwich Greens & Things Fruit Mix Oven Fries Mixed Vegetables	3 Signature Entree Soft-Shell Taco J Clarkes Grille Hot Ham & Cheese on a Bun Greens & Things Mandarin Oranges Lettuce & Tomato Topping Corn	4 Signature Entree Toasted Cheese Sandwich J Clarkes Grille Chicken Patty Sandwich Greens & Things Orange Juice Baked Beans Macaroni Salad	5 Signature Entree Teriyaki Chicken w/Brown Rice J Clarkes Grille Fishwich Greens & Things Applesauce White Bread Green Beans
8 Signature Entree Popcorn Chicken w/Roll J Clarkes Grille Hot Ham & Cheese on a Bun Greens & Things Chilled Peaches Rice Pilaf Green Beans	9 Signature Entree Macaroni & Cheese J Clarkes Grille Spicy Chicken Patty Sandwich Greens & Things Mixed Fruit Garden Salad Carrot Coins	10 Signature Entree Hard-Shell Tacos J Clarkes Grille Db. Chicken Burger & Cheese Greens & Things Diced Pears Lettuce & Tomato Topping Mixed Vegetables	11 Signature Entree Buffalo Chicken Pizza J Clarkes Grille Chicken Patty Sandwich Greens & Things Gelatin w/Fruit Pasta Salad Steamed Peas	12 No School
15 Signature Entree Chicken Nuggets w/Roll J Clarkes Grille Ham & Cheese Melt Greens & Things Chilled Peaches Macaroni Salad <u>Green Beans</u>	16 Signature Entree Spaghetti w/Plain Sauce J Clarkes Grille Chicken Patty Sandwich Greens & Things Waldorf Salad Baked Beans <u>Tossed Garden Salad</u>	17 Signature Entree Bradford Owl Burger J Clarkes Grille Sausage, Egg & Cheese Muffin Greens & Things Chilled Peas Graham Crackers <u>Spinach</u>	18 Signature Entree Baked Breaded Chicken J Clarkes Grille Chicken Patty Sandwich Greens & Things Orange Juice Mashed Potato w/gravy <u>Peas</u>	19 Signature Entree Toasted Cheese Sandwich J Clarkes Grille Fishwich Greens & Things Applesauce Pasta Salad <u>Broccoli</u>
22 Signature Entree Meatball Sub J Clarkes Grille Cheeseburger w/Bacon Greens & Things Applesauce Sweet Potatoes Pickle Spears	23 Signature Entree Sloppy Joe Sandwich J Clarkes Grille Spicy Chicken Patty Sandwich Greens & Things Orange Juice Oven Fries Garden Peas	24 Signature Entree Soft-Shell Taco J Clarkes Grille Hot Ham & Cheese on a Bun Greens & Things Lettuce & Tomato Topping Spanish Rice Corn	25 Signature Entree Cheesesteak Sandwich J Clarkes Grille Chicken Patty Sandwich Greens & Things Gelatin Macaroni Salad Green Beans	26 Signature Entree Pork Stir-Fry over Rice J Clarkes Grille Fishwich Greens & Things Chilled Peas Rotini w/Sauce Mixed Veggies
29 Signature Entree Chicken Nuggets w/Roll J Clarkes Grille Hot Ham & Cheese on a Bun Greens & Things Applesauce Seasoned Rice, Coleslaw	30 Signature Entree Turkey w/Gravy over a Biscuit J Clarkes Grille Chicken Patty Sandwich Greens & Things Pineapple Mashed Potato, Peas	31 Signature Entree Spaghetti w/Meatballs J Clarkes Grille Sausage, Egg & Cheese Muffin Greens & Things Orange Juice Bread Slice, Green Beans	 <p>GOING FOR THE GREENS! Celebrated during the week of March 15th. We will highlight a green vegetable each day!</p>	

DELI CORNER
Made to order Hoagies, Sandwiches and Wraps


J CLARKES GRILL
may include:
Hot Dog, Chicken Patty Sandwich, Peanut Butter & Jelly Sandwich, Ham & Cheese Melt, Fishwich or Breakfast Sandwiches

Hamburgers and Cheeseburgers



PIZZA EXPRESS
DAILY
Pepperoni
Cheese
Thursday, March 4th
Thursday, March 11th
Thursday, March 25th
Specialty Pizza Days

We will also offer a Pizza of the Day.



DEFINITION FOR MARCH:

Calcium: Mineral that helps bones and teeth grow healthy and strong.

The Metz & Associates Team Wishes Good Luck to all Spring Sports Teams!!!



This Month, Commissioner Nutrition Investigates Healthy Heart Month

- President John F. Kennedy proclaimed February as American Heart Month in 1963.
- "Go Red" on National Wear Red Day held Friday, February 5th.
- The heart is a vital organ that pumps blood throughout our body.
- All of us need to promote a healthy heart.
- A heart-healthy diet and exercise can keep our heart healthy.
- Limit intake of trans fats and hydrogenated oils found in margarine, fast food, fried food, etc.
- Limit refined sugar intake from cakes, cookies, candy, etc.
- Try to exercise 3-4 times per week, for at least a half hour at a time.
- Keep your weight within recommended limits - obesity is a leading cause of heart disease.
- Give your body the vitamins, minerals and other nutrients it needs for a strong, healthy heart.
- Limit salt intake. Sodium plays a role in regulating fluids and blood pressure in the body. Too much sodium in your system causes the body to retain water, which puts extra burden on the heart and blood vessels.
- Both saturated and trans are "bad fats" because they raise your bad cholesterol (LDL). Mono and polyunsaturated fats are "better" fats because they can lower your bad cholesterol and reduce the risk of heart attack.