

Pendergast Elementary School District

March 2010

Pendergast Elementary School

*Component of Balanced Choice Meals

Monday	Tuesday	Wednesday	Thursday	Friday
1-Day 1	Dr. Seuss' Birthday 2-Day 2	Early Release 3-Day 3	4-Day 4	Spring Training Day!!! 5-Day 5
HAM AND FRENCH TOAST OR *CORN DOG OR TURKEY BACON WRAP *Peas and Carrots *Potato Wedges *Variety of Milk *Five Star Salad Bar	PIZZA STICKS W/ SAUCE OR GRILLED CHICKEN SANDWICH OR MEATBALL SUB SANDWICH Sun Chips Variety of Milk Five Star Salad Bar	BBQ SLIDERS OR TROUT TREASURES OR HOT DIGGITY DOG Crinkle Cut Fries Variety of Milk Five Star Salad Bar	GREEN CHILI CHEESE BURRITO OR TACO SALAD OR HOT HAM AND CHEESE BAGEL Refried Beans Variety of Milk Five Star Salad Bar	SPORT NUGGETS OR *HAMBURGER OR FRESH BAKED PIZZA Sport Shaped Crackers *Seasoned Green Beans *Variety of Milk *Five Star Salad Bar
<i>Jumpstart</i>	<i>Breakfast Square</i>	<i>Bagel and Cream Cheese</i>	<i>Yogurt and Graham Crackers</i>	<i>Super Donut</i>
8-Day 6	9-Day 1	10-Day 2	11-Day 3	12-Day 4
*GRILLED CHEESE SANDWICH OR CHICKEN NUGGETS OR TERIYAKI CHICKEN BOWL *Peas *Graham Crackers *Variety of Milk *Five Star Salad Bar	*CHEESE PIZZA SQUARES OR PASTA AND MEATSAUCE OR ITALIAN CHICKEN SANDWICH Italian Veggies *Veggie Pasta Salad *Variety of Milk *Five Star Salad Bar	TERIYAKI DIPPERS OR SWEET & SOUR CHICKEN BOWL OR TURKEY RANCH WRAP Stir Fry Veggies Variety of Milk Five Star Salad Bar	Parent/Teacher Conferences Ham and Cheese Sub Apple Slices Pretzels Milk	Parent/Teacher Conferences Uncrustable Carrot Sticks Teddy Grahams Milk
<i>Uncrustable</i>	<i>Cinnamania French Toast</i>	<i>Super Bun</i>	<i>Granola Bar and String Cheese</i>	<i>Muffin</i>
15	16	17	18	19
Spring Recess No School	Spring Recess No School	Spring Recess No School	Spring Recess No School	Spring Recess No School



Cereal, Juice, Fruit and Milk is served daily at breakfast.

The "5 Star Salad Bar" offers a variety of fruits, vegetables, toppings, local produce when available, and condiments to complement your meal.


Meal Prices: Elementary - Breakfast \$0.00, Lunch \$0.00. **Adult** - Breakfast \$1.50, Lunch \$2.50.

Reduced Price - Breakfast \$0.00, Lunch \$0.00, **Milk** - \$0.50.

THIS INSTITUTION IS AN EQUAL EMPLOYMENT OPPORTUNITY PROVIDER

Food Service Provided by Chartwells School Dining Services. Menu subject to change without notice. **Questions? Call James Capen @ (623) 772-2270.**

You may qualify for free or reduced price meals. Applications are available at all schools and the district office. For questions regarding the food service program you can call the food service office at (623) 772-2270

Monday	Tuesday	Wednesday	Thursday	Friday
22-Day 5	23-Day 6	24-Day 1	25-Day 2	26-Day 3
OVEN ROASTED CHICKEN OR *HOT DOG OR TOASTED HAM AND CHEESE Country Rice Pilaf *Carrot Coins *Variety of Milk *Five Star Salad Bar	*BAKED ZITI OR CHICKEN CORDON BLEU SANDWICH OR CHICKEN CAESAR WRAP *Seasoned Green Beans *Variety of Milk *Five Star Salad Bar	CHEESEBURGER OR BBQ CHICKEN OR TURKEY AND CHEESE SUB Potato Wedges Variety of Milk Five Star Salad Bar	HOT & SPICY CHICKEN SANDWICH OR CRISPY BEEF TACO OR TEXAS HAYSTACK Southwest Beans Pudding Cup Variety of Milk Five Star Salad Bar	FRESH BAKED PIZZA OR BEEF RAVIOLI OR CHIPOTLE CHICKEN SALAD Steamed Broccoli Variety of Milk Five Star Salad Bar
<i>Jumpstart</i>	<i>Breakfast Square</i>	<i>Bagel and Cream Cheese</i>	<i>Yogurt and Graham Crackers</i>	<i>Super Donut</i>
29-Day 4	30-Day 5	Early Release	31-Day 6	
CHICKEN NUGGETS OR *CORN DOG OR TURKEY RANCH WRAP *Potato Wedges *Peas and Carrots *Variety of Milk *Five Star Salad Bar	STUFFED SHELLS OR CHICKEN PARMESAN OR PIZZA STICKS W/ SAUCE Italian Veggies Variety of Milk Five Star Salad Bar	ASIAN NOODLE BOWL OR TERIYAKI DIPPERS OR BBQ RIB SANDWICH Oriental Veggies Fortune Cookie Variety of Milk Five Star Salad Bar		
<i>Uncrustable</i>	<i>Cinnamania French Toast</i>	<i>Super Bun</i>		

Breakfast

CODED MESSAGE

Each image below represents a letter. Fill in the letters to find out the message about the benefits of breakfast.



= Y



= E



= G



= R



= N



_____ _____ _____ _____ _____
 banana milk banana yogurt cherries toast

CLUE: What does food give you to keep you going throughout the day?