



Storm Lake K-12 Lunch Menu



March 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>March HARVEST OF THE MONTH Cilantro Coconut Tomatillo</p>	<p>1 NATIONAL NUTRITION MONTH BKF Sandwich Italian Meat Stromboli Caesar Salad Chocolate Chip Cookie</p>	<p>2 Pancake on Stick Dr. Suess Birthday Beefy Nachos with Homemade Cheese Sauce Corn and Rice Bake</p>	<p>3 BKF PIZZA Roasted Ham Mashed Potatoes & Gravy Mixed Vegetables Wheat Dinner Roll</p>	<p>4 Cereal/ Muffin Homemade French Toast Scrambled Eggs Warm Cinnamon Apple</p>
<p>Alternative Entrées Salad Bar Chicken Salad on Wheat Bun</p>	<p>Alternative Entrées Salad Bar Buffalo Chicken Wrap</p>	<p>Alternative Entrées Salad Bar Italian Sub</p>	<p>Alternative Entrées Taco Salad Turkey Ranch Wrap</p>	<p>Alternative Entrées Yogurt Pak</p>
<p>7 NATIONAL BREAKFAST WEEK Cereal/Donut Oven Roasted Beef Hot Dog Baked Beans Kettle Chips</p>	<p>8 MARDI GRAS BKF Sandwich Spaghetti with Meat Sauce or Marinara Sauce Garden Salad Garlic Toast</p>	<p>9 ASH WEDNESDAY Pancake on Stick Parmesan Crusted Fish Filet Butter Noodles Sweet Peas Wheat Dinner Roll</p>	<p>10 BKF PIZZA Oven Roasted Chicken Barley Pilaf Fresh String Beans Birthday Cake</p>	<p>11 Cereal/ Muffin Cheese Bread with Marinara Sauce Broccoli Salad</p>
<p>Alternative Entrées Salad Bar Chicken Salad on Wheat Bun</p>	<p>Alternative Entrées Salad Bar Turkey Sub</p>	<p>Alternative Entrées Salad Bar Italian Sub</p>	<p>Alternative Entrées Salad Bar Ham & Swiss on a Bagel</p>	<p>Alternative Entrées Salad Bar Yogurt Pak</p>
<p>14 Cereal/Donut Hamburger with Cheese on Wheat Bun Lettuce & Tomatoes Oven Fries Salad Bar Chicken Salad on Wheat Bun</p>	<p>15 BKF Sandwich Chicken Alfredo over Pasta Vegetable Medley Garlic Bread Stick Salad Bar Turkey Sub</p>	<p>16 Pancake on Stick Tator Tot Casserole 7 Layer Salad Wheat Bread Salad Bar Italian Sub</p>	<p>17 ST. PATRICK'S DAY BKF PIZZA Early Dismissal</p>	<p>18 No School</p>
<p>21 Cereal/Donut Chicken Nuggets Mashed Potatoes & Gravy Glazed Carrot Whole Grain Bread Salad Bar Chicken Salad on Wheat Bun</p>	<p>22 BKF Sandwich Italian Whole Grain Pasta Bake Marinated Vegetable Salad Garlic Bread Salad Bar Buffalo Chicken Wrap</p>	<p>23 Pancake on Stick Soft Shell Taco Mexican Corn Assorted Toppings Ice Cream Treat Alternative Entrées Salad Bar Italian Sub</p>	<p>24 BKF PIZZA Turkey a la King Brown Rice Homestyle Biscuits Alternative Entrées Taco Salad Turkey Ranch Wrap</p>	<p>25 Cereal/ Muffin Grilled Cheese Sandwich Tomato Soup Fruited Jell-O Alternative Entrées Yogurt Pak</p>
<p>28 Cereal/Donut Mini Corn Dogs Mac & Cheese Broccoli Salad Bar Chicken Salad on Wheat Bun</p>	<p>29 BKF Sandwich Early Dismissal</p>	<p>30 Pancake on Stick Pork Roast Roasted Potatoes Apple Sauce Dinner Roll Salad Bar Italian Sub</p>	<p>31 BKF PIZZA Chicken Tenders Mashed Potatoes & Gravy Vegetable Medley Salad Bar Ham & Swiss on a Bagel</p>	<p>Free vegetables plus fresh and canned fruits are available daily with lunch from the Fruit & Vegetable Bar.</p>

LUNCH PRICES

Elementary	1.10/1.65
Secondary	1.10/1.70
Reduced	\$0.40
Additional Milk	\$0.35
Adult	\$2.70
Extra Entrée	\$0.90

Menus subject to change without notice.

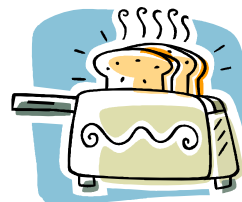


Milk choice of 1%, Skim and 1% Chocolate is included with Lunch



Free & Reduced-meal forms can be obtained from all building offices at anytime throughout the school year.

- Prepared From Scratch
- Contains Pork
- Vegetarian Entrée
- Harvest of the Month



To check the balance in your account or for additional information, contact:
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