



# HOLY SPIRIT MENU MARCH 2009

Menu is Subject to Change Due to Product Availability

Note: These  
Nutrients Give a  
Combined  
Weekly  
Average.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
2 Dr. Suess' Birthday Warm Egg & Cheese on English Muffin Peaches, Pears Raisin Power Pouch Variety Milk	3 Salisbury Steak Mash Potatoes & Gravy Dried Cherries Pineapple Tidbits Whole Wheat Bread Strawberry Jam Variety Milk	4 Corn Dog Glazed Carrots Celery Sticks Orange Wedges Mini Wheats Cereal Variety Milk	5 Chicken Tenders French Fries Peaches Mixed Fruit Cinnamon Triangles Variety Milk	6 Fish Patty on Whole Wheat Bun Corn Nibbles Fresh Baby Carrots Pears Tortilla Chips w/Salsa Variety Milk	Cal 616 T.Fat 18.47 G S.Fat 6.2 C Chol 69.1 M g Sodm 1101.02 M g Calb 91.77 G Fiber 7.6 G Prtn 26.33 G Iron 4.64 M g Calc 442.05 M g Vit A 605.45 RE Vit C 18.07 M g
9 Crispy Burrito Corn Nibbles Cucumber Slices with Ranch Dressing Peaches Tortilla Chips w/Salsa Variety Milk	10 Cheeseburger on Whole Wheat Bun French Fries Pickle Chips Coleslaw Orange Wedges Variety Milk	11 Popcorn Chicken Rosey Applesauce Celery Sticks Cauliflower Pieces with Ranch Dressing Cinnamon Triangles Variety Milk	12 Chicken Patty Mash Potatoes & Gravy Fresh Baby Carrots Kivi Halves Mini Wheats Cereal Variety Milk	13 Gigliardi Double Stuffed Cheese Pizza Fresh Baby Carrots Celery Sticks Grapes Graham Crackers Variety Milk	Cal 700 T.Fat 26.05 G S.Fat 8.6 C Chol 62.2 M g Sodm 1362.77 M g Calb 89.93 G Fiber 8.8 G Prtn 32.05 G Iron 4.45 M g Calc 450.13 M g Vit A 870.61 RE Vit C 35.96 M g
16 Chicken Tenders Glazed Carrots Celery Sticks Peaches Whole Wheat Bread Variety Milk	17 BBQ Ham on Whole Wheat Bun French Fries Pears Mandarin Oranges Variety Milk	18 Chicken Patty on Whole Wheat Bun Green Beans Coleslaw Orange Wedges Variety Milk	19 Soft Shell Beef Taco Corn Nibbles Dried Cherries Peaches Cinnamon Triangles Variety Milk	20 PB & J Uncrustable Bowl of Soup Cheese Stick Celery Sticks Mixed Fruit Variety Milk	Cal 667 T.Fat 23.57 G S.Fat 6.6 C Chol 55.2 M g Sodm 1466.31 M g Calb 87.56 G Fiber 8.8 G Prtn 30.97 G Iron 4.17 M g Calc 482.69 M g Vit A 495.07 RE Vit C 25.92 M g
23 Hamburger on Whole Wheat Bun Corn Nibbles Pickle Chips Mixed Fruit Mandarin Oranges Variety Milk	24 Mini Corn Dogs Cheesy Refried Beans Broccoli Pieces Applesauce Cinnamon Triangles Variety Milk	25 Chicken and Noodles Mashed Potatoes Fresh Baby Carrots Orange Wedges Whole Wheat Bread Strawberry Jam Variety Milk	26 Chicken Nuggets French Fries Mixed Fruit Peaches Triscuits Variety Milk	27 <b>NO SCHOOL</b> <b>End of</b> <b>3rd</b> <b>Quarter</b>	Cal 614 T.Fat 19.56 G S.Fat 6.0 C Chol 53.6 M g Sodm 1167.82 M g Calb 89.45 G Fiber 9.5 G Prtn 26.90 G Iron 3.75 M g Calc 402.84 M g Vit A 521.12 RE Vit C 35.75 M g