

Mar 2010 Menu WEEKS 1 & 3

Obion County Central High School

3/1/10-3/5/10

3/15/10-3/19/10

Monday 1, 29

Tuesday 2, 16, 30

Wednesday 3, 17, 31

Thursday 4, 18, 1

Friday 5, 19, 2

<p>MEXICAN BAR</p>	<p>Quesadilla Pizza * Mexican Beans * Corn * Salsa * Sliced Pears</p>	<p>Beef Bean Burrito * Mex. Beans Mexican Rice * Salsa * Sliced Pears</p>	<p>Taco Meat w/ Tortilla Chips Cheese Sauce Tater Tots * Sliced Pears</p>	<p>Taco Meat w/ * Fl. Tortilla * Mexican Beans Shredded Cheese Mexican Rice * Sliced Pears</p>	<p>Chili w/o Beans Frito Chips Cheese Sauce * Corn * Sliced Pears</p>
<p>BURGER OR PIZZA BAR</p>	<p>Hamburger on * Whole Gr. Bun OR Cheese Pizza French Fries Baked Beans * Carrot Sticks * Sliced Peaches</p>	<p>Cheeseburger on * Whole Gr. Bun OR Pepperoni Pizza * Corn on the Cob * Carrot Sticks * Sliced Peaches</p>	<p>Hamburger on * Whole Gr. Bun OR Sausage Pizza Tater Tots Cheese Sauce * Carrot Sticks * Sliced Peaches</p>	<p>Cheeseburger on * Whole Gr. Bun OR Pepperoni Pizza * Green Beans * Carrot Sticks * Sliced Peaches</p>	<p>Hamburger on * Whole Gr. Bun OR Mexican Pizza French Fries * Carrot Sticks * Sliced Peaches</p>
<p>ENTRÉE BAR</p>	<p>Pork Rib Patty w/ Bun Mac n Cheese * Purple Hull Peas * Str. Applesauce</p>	<p>Turkey Sub * Steamed Broccoli * Fruit Salad * Str. Applesauce</p>	<p>Breaded Beef Patty w/ Mashed Potatoes * Carrots White Gravy Biscuits * Str. Applesauce</p>	<p>Pineapple Ham Mgrs Choice Bread * Green Peas Baked Beans * Str. Applesauce</p>	<p>** Spicy Chicken Patty w/ Whole Gr. Bun **Steamed California Blend French Fries * Str. Applesauce</p>
<p>SALAD BAR</p>	<p>Fresh Daily * Salad Bar * Pineapple Chunks</p>	<p>8 oz Low fat, Milk variety or 8 oz Juice offered with each meal</p>	<p>* = Healthier Choice ----- Trimming Offered on All Bars As Needed</p>	<p>*Fresh Bananas, California Oranges, Red/Golden Delicious Apples</p>	

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