


		March 2009		Ralph C. Mahar Regional School District	
Monday		Tuesday		Wednesday	
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Friday					
2. Egg Salad or Tuna Boats! French Fries OR... Soup and Salad Bar, Roll 5 A-Day-Bar	3. Ham and Cheese Stromboli! Green Beans, Applesauce OR... Quesadillas 5 A-Day-Bar	4. Oven Fried Chicken! Mashed Potato, Buttered Corn OR... Sandwich Bar 5 A-Day-Bar <i>Peanut Butter Cookies!</i>	5. School made Pizza! Cheese, Pepperoni or Vegetable. Greek Salad OR... Buffalo Chicken Salad	6. Chicken Fajitas! Refried Beans, Spanish Rice, Mexican Cookies OR... Pasta Bar	
9. Chicken and Gravy over rice, Carrot Coins OR... Smuckers PBJ and Chicken Soup 5 A-Day-Bar	10. Meatloaf! Potato, peas, roll OR... Hot Dogs and Beans White Cake with both 5 A-Day-Bar	11. Senator's Sub Stop! (Both Lines!) We'll make 'em, you top 'em! Chips, pickles Garden Salads in fridge.	12. Chicken Nuggets, French Fries, Corn , roll OR... Stuffed Crust Pizza 5 A-Day-Bar	13. Spaghetti and meatballs! Garlic Bread OR... Baked Potato Bar 5 A-Day-Bar	
16. Toasted Cheese, Tomato Soup, Goldfish OR... Salad Bar	17. Roast Pork, Roasted Potatoes, Green Beans, roll OR... Bean Burrito 5 A-Day-Bar, <i>St. Patty's Cake!</i>	18. Chicken Cacciatore! White Rice, Peas OR... MYO Pita Pocket bar 5 A-Day-Bar	19. Meatball Subs, Chips OR... Dilly Deli bar 5 A-Day-Bar <i>Cowboy Cookies!</i>	20. Fish Sandwich, Steak Fries, Carrot Coins OR... Nacho Boats 5 A-Day-Bar	
23. Chicken patty, potatoes and gravy, corn, roll OR... Eggplant Parmesan 5 A-Day-Bar	24. Lasagna! French bread Green beans OR... Stuffed Crust Pizza 5 A-Day-Bar	25. Macaroni and Cheese, Steamed Peas OR... Burger Bash 5 A-Day-Bar	26. Salisbury Steak, Roasted Potatoes, Broccoli OR... "The Chowder Pot" Assorted Chowder Bar	27. Pepperoni Calzone, Celery Sticks w/ Sunflower Butter OR... Mega Salad bar 5 A-Day-Bar	
30. Brunch For Lunch! French Toast, Ham, Hash Browns, Muffins, Juice OR... Chef Salad Bar	31. Chicken Pot Pie! OR... Nacho Boats 5 A-Day-Bar		<i>Daylight Savings is March 22nd.</i>	