











Sun	Mon	Tue	Wed	Thu	Fri	Sat
	MARCH 2010				ST. LUKE ELC MENU	
	<p>1 <u>Cheerios cereal with mandarin oranges</u></p> <p>Lasagna, Italian green beans, bread sticks, sliced peaches, vanilla pudding</p> <p><u>Goldfish crackers and apple juice</u></p>	<p>2 <u>Breakfast bagel with apple sauce</u></p> <p>SLS: Asian meatballs; ELC: Chicken nuggets; sweet peas, white rice, dinner roll, fruit salad, lemon cream cake</p> <p><u>Fresh banana and vanilla wafers</u></p>	<p>3 <u>Chicken biscuit with diced peaches</u></p> <p>Cheeseburger, baby carrots, French fries, fresh orange wedges, rice crispy treat</p> <p><u>Cinnamon cracker with apple juice</u></p>	<p>4 <u>Pancakes with fruit cocktail</u></p> <p>Scrambled eggs, French toast sticks, sausage patties, cheese grits, SLS: Fresh grapes; ELC: Apple sauce; pudding</p> <p><u>String cheese with Ritz crackers</u></p>	<p>5 <u>Apple Jacks cereal with mandarin oranges</u></p> <p>SLS: Corn dog; ELC: Fish sticks; baked beans, tater tots, strawberry apple sauce, chocolate cream cake</p> <p><u>Chocolate chip cookie with milk</u></p>	
	<p>7</p> <p>8 <u>Lucky Charms cereal with mandarin oranges</u></p> <p>SLS: Crispy taco; ELC: Soft taco; lettuce and cheese, salsa and sour cream, Spanish rice, pinto beans, strawberry apple sauce, banana pudding</p> <p><u>Animal crackers with apple juice</u></p>	<p>9 <u>Breakfast bagel with strawberry apple sauce</u></p> <p>Chicken nuggets, sweet peas, macaroni and cheese, fruit salad, cream cake</p> <p><u>Fresh banana and vanilla wafers</u></p>	<p>10 <u>Cheese grits with diced peaches</u></p> <p>Beefy beefaroni, Italian green beans, Italian bread stick, mandarin oranges, lemon cream cake</p> <p><u>Rice crispy treats and milk</u></p>	<p>11 <u>French toast sticks and apple sauce</u></p> <p>Crispy chicken sandwich on whole wheat bun, lettuce, tater tots, corn, strawberry apple sauce, pudding</p> <p><u>String cheese and Ritz crackers</u></p>	<p>12 <u>Apple Jacks cereal with sliced peaches</u></p> <p>Turkey and Swiss cheese sandwich on whole wheat bread, SLS: Baby carrots with ranch dressing, fruit cocktail, orange wedges, sun chips, chocolate cake</p> <p><u>Goldfish crackers and apple juice</u></p>	
	<p>14</p> <p>15 <u>Apple Jacks cereal with sliced peaches</u></p> <p>SLS: Scramble dog; ELC: Chicken nuggets; mixed vegetables, tater tots, apple sauce, cream cake</p> <p><u>Goldfish crackers and apple juice</u></p>	<p>16 <u>Cinnamon oatmeal with cherry apple sauce</u></p> <p>Salisbury steak smothered in gravy, baby carrots, mashed potatoes, SLS: Fresh grapes; ELC: Apple sauce; vanilla pudding</p> <p><u>Fresh banana and vanilla wafers</u></p>	<p>17 <u>French toast sticks with sliced peaches</u></p> <p>Ham and cheese sandwich on whole wheat bread, soup, mandarin oranges, sun chips, chocolate cake</p> <p><u>String cheese and Ritz crackers</u></p>	<p>18 <u>Sausage biscuit with mandarin oranges</u></p> <p>Chicken fingers, green beans, cheesy mashed potatoes, dinner roll, fruit salad, pudding</p> <p><u>Animal crackers mix with apple juice</u></p>	<p>19 <u>Cheerios cereal and strawberry apple sauce</u></p> <p>Cheeseburger, French fries, sweet peas, apple sauce, strawberry cream cake</p> <p><u>Strawberry fruit delights and milk</u></p>	
	<p>21</p> <p>22 <u>Apple Jacks cereal with fruit salad</u></p> <p>Spaghetti with meat sauce, Italian green beans, Italian bread sticks, diced peaches, vanilla pudding</p> <p><u>Goldfish crackers and apple juice</u></p>	<p>23 <u>Chicken biscuit with tropical fruit salad</u></p> <p>Sweet teriyaki beef, sweet peas, rice, orange wedges, cream cake</p> <p><u>Fresh banana and vanilla wafers</u></p>	<p>24 <u>French toast sticks with strawberry apple sauce</u></p> <p>BBQ chicken, black eyed peas, macaroni and cheese, fruit salad, yeast rolls, chocolate cake</p> <p><u>Animal crackers with milk</u></p>	<p>25 <u>Cheese grits with cherry apple sauce</u></p> <p>Crispy chicken sandwich, lettuce, sun chips, baby carrots, strawberry apple sauce, pudding</p> <p><u>Cheese and crackers with apple juice</u></p>	<p>26 <u>Lucky Charms cereal with diced peaches</u></p> <p>SLS: Deli fresh sandwich on honey wheat roll; ELC: Deli fresh sandwich on wheat bread; soup, soup crackers, SLS: Fresh grapes; ELC: Apple sauce, strawberry cream cake</p> <p><u>Chocolate chip cookie and milk</u></p>	
	<p>28</p> <p>29 <u>Cheerios cereal with fruit cocktail</u></p> <p>Salisbury steak smothered in gravy, sweet peas, mashed potatoes, wheat bread, mandarin oranges, chocolate cake</p> <p><u>Cinnamon cracker with apple juice</u></p>	<p>30 <u>Cinnamon oatmeal with apple sauce</u></p> <p>Chicken parmesan, Italian green beans, bread sticks, sliced peaches, vanilla pudding</p> <p><u>Fresh banana and vanilla wafers</u></p>	<p>31 <u>Sausage biscuit with diced peaches</u></p> <p>SLS: Corn dog, corn on the cob; ELC: Chicken nuggets, corn nib lets; SLS: Baby carrots with ranch dressing; strawberry apple sauce, cream cake</p> <p><u>Goldfish crackers and apple juice</u></p>	 <p>MILK IS SERVED WITH BREAKFAST AND LUNCH</p> 