

LUNCH PRICES

	A La Carte Items	
Elementary	\$1.90	String Cheese \$.50
Middle	\$2.25	Yogurt/Capri Sun \$.75
High	\$2.40	Water-8 oz. \$.50
Adult	\$2.65	Sunflower Kernels \$.60
		Low Fat Ice Cream \$.65
		Juice Bar \$.50
		Pop Tart \$.60
		All Crackers \$.50

Try It! You'll Like It!

Starting in March, all BCPS elementary students, even those who bring lunch from home will be treated to interesting fresh fruits and vegetables twice a month. Fruits and vegetables can be an important catalyst for change in the effort to combat childhood obesity by helping children learn more healthful eating habits. Introducing school children to a variety of produce that they otherwise might not have the opportunity to sample, and teaches students about the wide variety of plant based foods.

The featured fresh fruit and vegetables for March are blackberries and veggie sweet peppers.



Blackberries were enjoyed before recorded history. We know this because from the Stone Age to around 8000 B.C. human nourishment was obtained by "gathering" berries. Later as man progressed, farming replaced gathering and edible berries were "picked". Blackberries are high in fiber and vitamin C and a good source of folate, potassium and other important minerals. Like all fruits and vegetables, they are cholesterol free, and naturally low in fat and sodium.



Veggie sweet peppers are low in saturated fat, and very low in cholesterol and sodium. They are also a good source of Thiamin, Niacin, Folate, Magnesium and Copper dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Potassium and Manganese.

A La Carte Items

March 2012

Elementary Lunch

Menu subject to change due to availability.
Parents are encouraged to prepay for student meals.

Broward County Food and Nutrition Services

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Each day we offer freshly made, pre-packaged entrée salads of garden greens topped with fresh vegetables and the chef's selection of roast turkey or ham, cheese, sliced chicken patty, tuna salad, egg salad or taco meat with a choice of dressing. Our entrée salads are available daily with legumes and sunflower kernels instead of meat or cheese. *Only low and fat free milk served.	In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.			
5	Oven Grilled Cheese Sandwich Bean & Cheese Burrito Assorted Entrée Salads Hearty Tomato Soup Chilled Mixed Fruit Fresh Fruit Milk – White or Choc*	6 Teriyaki Chicken Over Rice Black Beans Over Rice** Tuna Salad/Wheat Bun Assorted Entrée Salads Chow Mein Noodles Chilled Pineapple Chunks Oriental Vegetables Fresh Fruit Milk – White or Choc*	7 Flame-Broiled Cheeseburger/Wheat Bun Turkey Ham & Cheese/ Wheat Bun Assorted Entrée Salads Sliced Tomato/Lettuce Sweet Potato Fries Fresh Fruit Milk – White or Choc*	8 Oven Baked Chicken Patty/Wheat Bun BBQ Pulled Pork/ Wheat Bun Assorted Entrée Salads Whipped Potatoes Chilled Peach Slices Fresh Fruit Milk – White or Choc*	9 Pepperoni Pizza Baked Fish Nuggets Assorted Entrée Salads Krystal Bun Fruit Blend Juice Steamed Broccoli Fresh Fruit Milk – White or Choc*
12					
19	Baked Golden Chicken Nuggets Tuna Salad/Wheat Bun Assorted Entrée Salads Flaky Biscuit Whipped Potatoes Chilled Peaches Fresh Fruit Milk – White or Choc*	20 Italian Beef n' Macaroni Turkey & Cheese/Wheat Bun Assorted Entrée Salads Honey Garlic Wheat Roll Chilled Bartlett Pears Italian Blend Vegetables Fresh Fruit Milk – White or Choc*	21 All Beef Hot Dog / Wheat Bun Jamaican Beef Patty Assorted Entrée Salads Chilled Tropical Fruit Salad Whole Kernel Corn Fresh Fruit Milk – White or Choc*	22 Oven Fried Chicken Fresh Egg Salad/Wheat Bun Black Beans Over Rice** Assorted Entrée Salads Steamed Rice Plantains Latin Style Black Beans Fresh Fruit Milk – White or Choc*	23 5" Personal Pan Cheese Pizza Beef Teriyaki Dippers Assorted Entrée Salads Krystal Bun Blue Raspberry Juice Fresh Green Beans Fresh Fruit Milk – White or Choc*
26	Oven Baked Chicken Patty/Wheat Bun Honey BBQ Rib/ Wheat Bun Assorted Entrée Salads Chilled Bartlett Pears Au Gratin Potatoes Fresh Fruit Milk – White or Choc*	27 Beef Taco Black Beans Over Rice** Asian Egg Roll Assorted Entrée Salads Steamed Rice Green Apple Juice Diced Tomato/Lettuce Fresh Fruit Milk – White or Choc*	28 Popcorn Chicken Bean & Cheese Burrito Assorted Entrée Salad Chilled Pineapple Chunks Steamed Broccoli Steamed Rice Fresh Fruit Milk – White or Choc*	29 Baked Corn Dog On A Stick Turkey Ham & Cheese/ Wheat Bun Grape Juice Chilled Peach Slices Fresh Fruit Milk – White or Choc Early Release Day	30 NO SCHOOL