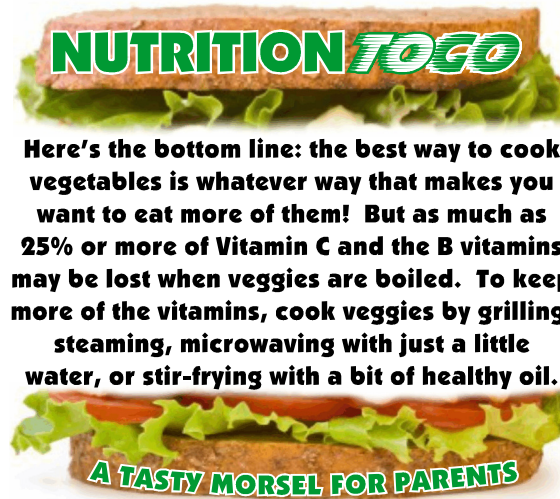


Menus for March 2017

ALL SAINTS

This institution is an equal opportunity provider. Menus are subject to change.

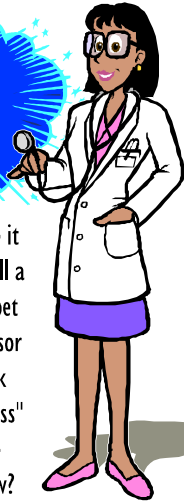


**Start Your Day The
Healthy Way**
Join us for **BREAKFAST!**
Served Daily 7:00 - 7:30 am

Available Daily for Lunch
Yogurt or PB & J Sandwich
served with string cheese
and a whole grain product
Don't Forget Your Veggie,

Is there a Doctoress in the house?

Sounds silly, doesn't it? But, believe it or not, that's what people used to call a female doctor! Just like a female poet was a "poetess" and a female professor was a "professoress." Do you think that the words "waitress" and "actress" will sound as silly to people in the future as "doctoress" does to us now?



Wednesday, March 1

Lunch

JJ's Pizza or
Shrimppoppers served
with Chex Mix

Choose At Least One

Celery Sticks with PB
or dip
Steamed Green Beans
Fresh Pear
Raisins

White or Chocolate

Thursday, March 2

Lunch

Homemade
Mac & Cheese

Choose At Least One

Baby Carrots with dip
Steamed Broccoli
Chilled Mixed Fruit
Raisins

White or Chocolate
Milk

Friday, March 3

Lunch

Fishburger on a bun

Choose At Least One

Assorted Fresh
Veggies
Baked Beans
Crisp Apple
Raisins

White or Chocolate
Milk

Monday, March 6

Lunch

Sweet & Sour Chicken
served with Asian Rice

Choose At Least One

Crunchy Cauliflower & dip
Steamed Broccoli
Fresh Pear
Raisins

White or Chocolate Milk

Tuesday, March 7

Lunch

Homemade Spaghetti
Garlic Bread

Choose At Least One

Tossed Salad
Corn
Juicy Orange
Raisins

White or Chocolate Milk

Wednesday, March 8

Lunch

JJ's Pizza

Choose At Least One

Baby Carrots with dip
Steamed California Blend
Crunchy Grapes
Raisins

White or Chocolate Milk

Thursday, March 9

Choice of One

Hamburger Gravy
And Roll

Choose At Least One

Broccoli Bites/dip
Mashed Potatos
Pineapple Tidbits
Raisins

White or Chocolate Milk

Friday, March 10

Choice of One

Grilled Cheese Sandwich
and Tomato Soup

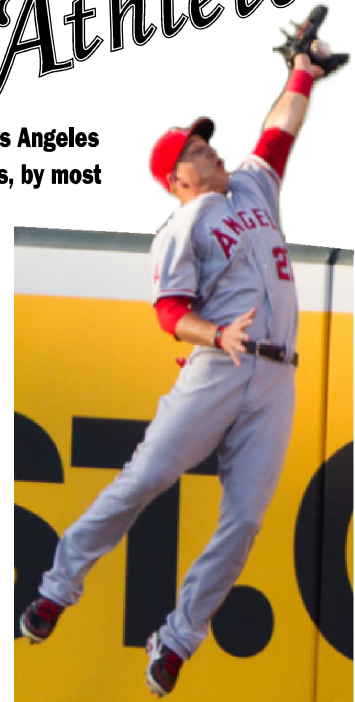
Choose At Least One

Cucumber Slices with dip
Steamed California Blend
Diced Peaches
Raisins

White or Chocolate Milk

PORTRAITS OF SPECTACULAR Athletes

**Mike Trout of the Los Angeles
Angels of Anaheim is, by most
counts, the best
baseball player on
the planet. Trout is
only 25 years old,
and has been a
regular player for
five years. During
that time, he was
named American
League Most
Valuable Player
twice - and finished
second the other
three times!**



Keith Allison/CC BY 2.0

MIKE TROUT

Monday, March 13

Choice of One
 Chicken Nuggets served with a biscuit & honey

Choose At Least One
 Baby Carrots with dip
 Crispy Honeybee Potatoes
 Chilled Pineapple
 Raisins

White or Chocolate Milk

Tuesday, March 14

Choice of One
 Sloppy Joe on a bun

Choose At Least One
 Cucumber Slices with dip
 Baked Beans
 Diced Peaches
 Raisins

White or Chocolate Milk

Wednesday, March 15

Choice of One
 JJ's Pizza

Choose At Least One
 Grape Tomatoes with dip
 Sweet Corn
 Chilled Pears
 Raisins

White or Chocolate Milk

Thursday, March 16

Choice of One
 Beef Nachos

Choose At Least One
 Broccoli Bites with dip
 Steamed Cali Blend
 Crisp Apple
 Raisins

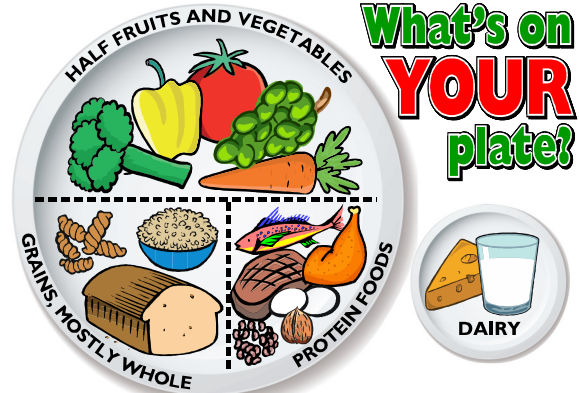
White or Chocolate Milk

Friday, March 17

Choice of One
 Lucky Shrimppoppers served with Chex Mix

Choose At Least One
 Green Tossed Salad
 Steamed Green Beans
 Chilled Pears
 Raisins

White or Chocolate Milk



REAL Irish food!

Corned beef and cabbage? Sorry, not really a traditional Irish meal! But here's an easy (and scrumptious) dish to try that IS authentically Irish: "Colcannon." It's usually a combination of mashed potatoes with kale, green onions, and sweet cream butter, and Colcannon is about as Irish as food gets — especially when, as here, it's served with lamb and roasted root vegetables! There's even an old



traditional song about this Irish favorite:

Did you ever eat Colcannon, made from lovely pickled cream?
 With the greens and scallions mingled like a picture in a dream.
 Did you ever make a hole on top to hold the melting flake
 Of the creamy, flavoured butter that your mother used to make?

Colcannon is easy to make and there are plenty of recipes with all sorts of variations on-line! And besides, how many songs do you know about corned beef and cabbage?!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 20

Choice of One
 Ravioli with a breadstick

Choose At Least One
 Crunchy Cauliflower & dip
 Sweet Corn
 Crisp Apple
 Raisins

White or Chocolate Milk

Tuesday, March 21

Choice of One
 Homemade Mac & Cheese with Roll

Choose At Least One
 Broccoli Bites with dip
 Baked Beans
 Mandarin Orange Slices
 Raisins

White or Chocolate Milk

Wednesday, March 22

Choice of One
 JJ's Pizza

Choose At Least One
 Tossed Salad
 Steamed California Blend
 Chilled Applesauce
 Raisins

White or Chocolate Milk

Thursday, March 23

Choice of One
 Turkey & Gravy served with a muffin

Choose At Least One
 Assorted Fresh Veggies
 Sweet Potato Puffs
 Assorted Fruits
 Raisins

White or Chocolate Milk

Friday, March 24

Choice of One
 Fishburger on a Bun

Choose At Least One
 Assorted Fresh Veggies
 Steamed Broccoli
 Diced Pears
 Raisins

White or Chocolate Milk

