

**FOOD SERVICE
DIRECTOR**

KIM BABCOCK

POULTNEY HIGH SCHOOL MENU

MARCH 2010

**REGISTERED
DIETITIAN**

PAT HARRISON

**DELUXE MEAL DEAL
OFFERINGS:**

Paying Student \$2.50
Free & Reduced
Welcome
Menu Subject to Change!

DELI BAR

Made to Order Subs,
Sandwiches & Wraps
Add a Fruit and/or
Vegetable & Milk

SALAD BAR

Assortment of Fresh
Produce, Meat
& Cheese

LITTLE ITALY

Assorted Individual
Pizza

POULTNEY GRILL

Grilled Chicken
Sandwich
Cheeseburger

**ADDITIONAL
FRUIT & VEGETABLE
CHOICES MAY INCLUDE**




Apples, Oranges,
Mandarin Oranges,
Bananas, Pears,
Applesauce, Peaches,
Fruit Cocktail,
Pineapple, Fruit
Gelatin, Fruit Juices,
Tossed Salad, Carrots,
Celery

CHOICE OF MILK

Low Fat Chocolate,
Skim or 1%

LUNCH PRICES

PAID \$2.25
REDUCED \$0.40
ADULT \$3.00
MILK \$0.45

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| <p>1 Baked Chicken Nuggets w/Dip Herbed Pasta Grilled Broccoli</p> <p>Apricot Cup Milk</p> | <p>2 Twin Tacos w/Seasoned Beef, Lettuce & Tomatoes Seasoned Green Beans Pineapple Chunks Cake w/Icing Milk</p> | <p>3 Baked Rotini Toasted Garlic Bread Fresh Tossed Salad</p> <p>Chilled Fruit Milk</p> | <p>4 Home Style Chicken 'n' Biscuits Whipped Potatoes Vegetable Blend</p> <p>Fruited Jell-O Milk</p> | <p>5 Turkey & Cheese Whole Wheat Wrap Chicken Noodle Soup Vegetable Bites w/Dip</p> <p>Assorted Fresh Fruit Milk</p> |
| <p>8 Spicy Chicken Fajita Mexican Beef Soup Cucumber Sticks</p> <p>Chilled Pineapple Milk</p> | <p>9 BRUNCH FOR LUNCH French Toast Sticks Sliced Cheese Sausage Patty Seasoned Home Fries Frozen Juice Bar Milk</p> | <p>10 Home Style Macaroni & Cheese Fresh Dinner Roll Grilled Mixed Vegetables Assorted Fresh Fruit Milk</p> | <p>11 JOHNNY APPLESEED DAY Meatball Sub Baked Potato Wedges Carrot Sticks w/Dip Juicy Red Apple Milk</p> | <p>12 Vegetable or Cheese Calzone Fresh Tossed Greens</p> <p>Chilled Fruit Milk</p> |
| <p>15 BBQ Chicken Breast on a Bun Oven Baked Fries Celery Sticks w/Dip</p> <p>Chilled Mixed Fruit Milk</p> | <p>16 Ham & Cheese Rollup Hearty Vegetable Soup Cucumber Coins</p> <p>Assorted Fresh Fruit Milk</p> | <p>17 ST. PATRICKS DAY Corned Beef & Cabbage Roasted Red Potatoes Glazed Carrots Pirate Cake Milk</p> | <p>18 EARLY RELEASE PB&J Sandwich Vegetable Sticks Baked Chips</p> <p>Fresh Fruit Milk</p> | <p>19 NO SCHOOL TEACHER INSERVICE</p>  |
| <p>22 Sloppy Joe on a Bun Fresh Tossed Salad Vegetable Bites w/Dip</p> <p>Chilled Peaches Milk</p> | <p>23 Crispy Oven Baked Chicken Whipped Potatoes Grilled Mixed Vegetables</p> <p>Chewy Brownie Milk</p> | <p>24 Spaghetti w/Meat Sauce Toasted Garlic Bread Fresh Tossed Greens Cinnamon</p> <p>Applesauce Milk</p> | <p>25 NATIONAL WAFFLE DAY Waffle w/Berries & Cream Scrambled Eggs Bacon Strips Tasty Tater Tots Banana Milk</p> | <p>26 BBQ Rib Sandwich Oven Baked Fries Tossed Salad</p> <p>Assorted Fresh Fruit Milk</p> |
| <p>29 Fish Fillet on a Bun Oven Baked Fries Carrot Coins</p> <p>Chilled Mixed Fruit Milk</p> | <p>30 Chili Con Carne Fresh Baked Cornbread Cucumber & Tomato Fresh Fruit Milk</p> | <p>31 Philly Cheese Steak w/Peppers & Onions Tasty Tater Tots</p> <p>Assorted Fruit Milk</p> |  |  |

**TEAM MEMBER
OF THE MONTH:**

**EAT RIGHT -
FROM THE
GROUND UP**

March is National Nutrition Month and the theme for 2010 is EAT RIGHT— Nutrition From the Ground Up. It's a month long campaign to focus on what we eat and how to make good food choices. The idea is to build a strong foundation with good eating patterns and regular physical activity to lead to a healthier life. So let's focus on the food....what is "Eating Right"?

"Remember - a team works best when all the players are there. How complete is your team?"



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. (Not all prohibited bases apply to all programs.)

FitzVogt is proud to be your food service provider!
We offer local products when available.

