



ENFIELD STATION SCHOOL
March 2013

Menus are subject to change w/o notice.
 P/B Sandwich choice available daily.
 Non-fat flavored milks and 1% & skim
 white milk
 wg = whole grain products

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
<p>Don't forget to "Spring Forward" March 10th</p>	<p>Breakfast it does a body good! National School Breakfast Week March 4th - 8th</p>		<p>Happy Birthday Dr. Seuss! March 2, 1904</p>	<p>Sausage patty Pancakes wg & Syrup Hash brown Cucumber sticks Orange wedges / Fruit Juice</p>	<p>Cal 652 T.Fat 17.15g S.Fat 4.4g Chol 60.7 Mg Sodium 577.27 Mg Carb 104.75g Fiber 5.4g Ptn 20.15g Iron 2.33 Mg Calc 433.87 Mg</p>
<p>4 Spaghetti wg & Meat Sauce Fresh Rolls wg or Turkey Sandwich wg Green beans / Broccoli Pears</p>	<p>5 Chicken Nuggets Smiley Fries Spinach Carrot Sticks Applesauce</p>	<p>6 Taco Hard or Soft Shell Lettuce & Tomato fixin's Corn / Salsa Bananas</p>	<p>7 Tuna Salad Roll wg Turkey and Bean Soup Crackers Cole Slaw / Peaches</p>	<p>8 Fresh Hot Pizza wg Garden Greens Salad Chickpea Salad Pineapple Tidbits</p>	<p>Cal 622 T.Fat 17.80g S.Fat 4.5g Chol 30.2 Mg Sodium 1075.32 Mg Carb 91.25g Fiber 3.0g Ptn 30.22g Iron 3.78 Mg Calc 472.04 Mg</p>
<p>11 Egg & Ham McHowler Sweet Potato Wedges Spinach & Strawberry Salad Oranges</p>	<p>12 Teriyaki Chicken & Rice wg Fresh Roll wg Oriental Mixed Vegetable Green Beans Pineapple Tidbits</p>	<p>13 Fresh Hot Pizza wg Garden Greens Salad Chickpea Salad Fruit Cocktail w/peaches</p>	<p>14 Roast Pork Mashed Potatoes & Gravy Squash / Fresh Rolls wg Cranberry Sauce Cinnamon Applesauce</p>	<p>15 <u>No School</u> Teacher's Workshop</p>	<p>Cal 659 T.Fat 19.93g S.Fat 5.2g Chol 33.7 Mg Sodium 387.05 Mg Carb 93.15g Fiber 8.3g Ptn 31.34g Iron 3.35 Mg</p> 
<p>18 Chicken Patty & wg Bun Seasoned Potato Wedges Broccoli & Cheese sauce Peaches</p>	<p>19 Nacho's & Cheese Chili Medley Fajita Pepper Strips Carrot Sticks / Salsa Grapes</p>	<p>20 Fish Nuggets Noodles Peas / Spinach Fruit Cocktail w/ pears</p>	<p>21 Shepherd's Pie Anadama Bread wg Beets / Cucumber sticks Fresh oranges & apples</p>	<p>22 Fresh Hot Pizza wg Garden Greens Salad Chickpea Salad Applesauce</p>	<p>Cal 649 T.Fat 19.94g S.Fat 5.3g Chol 34.6 Mg Sodium 1118.29 Mg Carb 92.05g Fiber 8.6g Ptn 33.42g Iron 5.15 Mg Calc 633.91 Mg</p>
<p>25 Macaroni & Cheese wg Green Beans Brussel Sprouts Pears</p>	<p>26 Hot Dogs & Rolls wg Baked Beans Fajita Pepper Strips Cole Slaw / Peaches</p>	<p>27 Hot Turkey Sandwich wg w/ Gravy Sweet Potato Wedges Peas Fresh Oranges & Apples</p>	<p>28 Hamburger wg Curly Fries Lettuce & Tomato slices Dill Pickles Bananas</p>	<p>29 Fresh Hot Pizza wg Garden Greens Salad Chickpea Salad Pineapple Tidbits</p>	<p>Cal 629 T.Fat 17.40g S.Fat 5.5g Chol 48.0 Mg Sodium 1328.53 Mg Carb 92.60g Fiber 8.9g Ptn 31.25g Iron 64.33 Mg Calc 564.43 Mg</p>
	<p>Lunch Meal Prices: \$2.40 Highborn Middle & Penobscot Valley \$12.00 per week \$2.10 Enfield Station School Elementary \$10.50 per week Reduced Lunch .40 cents per day \$2.00 per week Milk only .40 cents per day or \$2.00 per week</p>				