

# HOWITT EAST

Breakfast served from  
7:30 AM IN WEST BLDG.

Lunch price 1.50 most snacks .60 Milk .35 Bagel \$1.50 with butter, cream cheese, or Jelly  
Yogurt 4 oz. Cup .60 Soup .75 Ice Cream .60 100% Fruit Juice (4 oz.) .40  
WHEN AVAILABLE: Health Salad (lettuce, tomato, vegetable & dressing 1.25, Jello, pudding, Raisin  
Celery & carrot sticks .40. Oven fried and mashed potatoes .75 Tossed salad .65.  
AVAILABLE DAILY: Peanut butter & Jelly, Soup, or Chef Salad .1.50 Fruit water 1.25, Granola bars  
Or special K bars .75 baked chips .60, 100-calorie cookies .60 Lactaid milk available on request

BREAKFAST AVAILABLE DAILY: \$1.00  
HOT SERVED ON MON. TUES & Thursday  
WHICH WILL BE EITHER PANCAKES, EGGS  
OR WAFFLES  
COLD SERVED ON WED & FRI  
WHICH WILL BE EITHER CEREAL OR  
BAGEL

Cafeteria Employment Opportunities Available – Call 752-6552

## MARCH 2010 ENCOURAGE YOUR CHILD TO TAKE THE ENTIRE LUNCH BEING OFFERED.

**Note: Delivery and/or availability of food may require changes in menu.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Popcorn Chicken Ham sand. (Boars Head) -Includes- Green Beans Pears Milk (Variety)	<b>2</b> Sloppy Joe/bun Chicken on wheat (Boars Head) -Includes- Vegetarian soup Apples Milk (variety)	<b>3</b> Ravioli w/meat sauce Chef Salad -Includes- Tossed Salad Oranges Milk (Variety)	<b>4</b> Chicken Parmesan Turkey sand. (Boars Head) -Includes- Brown Rice Peaches Milk (Variety)	<b>5</b> Pizza stuffed crust/or Tuna fish sand. -Includes- Celery & Carrots Applesauce Milk (Variety)
<b>8</b> Chicken Nuggets Turkey sand. (boars Head) -Includes- Steamed Broccoli Pudding, Choc. Or Van. Milk (Variety)	<b>9</b> Pasta Primavera Southwest Chicken Salad -Includes- Chicken Rice soup Oranges Milk (Variety)	<b>10*BRUNCH FOR LUNCH*</b> French Toast Sticks /Turkey sausage Ham Sand. (Boars Head) -Includes- Potato Tots Peaches Milk (Variety)	<b>11</b> Beef Taco Hard or Soft Greek Salad -Includes- Tossed Salad/Soup of the day Frozen Strawberry cup Milk (Variety)	<b>12</b> Pizza stuffed crust /or Tuna fish sand. -Includes- Tossed Salad Apricots Milk (Varity)
<b>15</b> Chicken Tenders (3) Ham sand. (Boars Head) -Includes- Carrots Applesauce Milk (Variety)	<b>16</b> Grilled Cheese Roasted Chicken sand. (Boars Head) -Includes- Chicken Noodle soup Strawberries Milk (Variety)	<b>17</b> Cesar Salad Hot dog/bun -Includes- Hash Browns Mixed fruit Milk (Variety)	<b>18</b> Teriyaki Roasted Turkey Chef Salad -Includes- Corn Oranges Milk (Variety)	<b>19</b> Pizza stuffed crust/or Tuna fish sand. -Includes- Celery & carrots Cherries Milk (Variety)
<b>22</b> Grilled Chicken Pattie/bun Bologna on Wheat (Boars Head) -Includes- Steamed Mixed Veg. Peaches Milk (Variety)	<b>23</b> Hamburger/cheeseburger Turkey sand. (boars Head) -Includes- Potato Tots Jell-O Milk (Variety)	<b>24</b> Macaroni & Cheese Greek Salad -Includes- Steamed Green Beans Apples Milk (Variety)	<b>25</b> Southwest Salad/w chicken Hot Pocket -Includes- Chicken Noodle soup Pears Milk (Variety)	<b>26</b> Pizza stuffed crust /or Tuna fish sand. -Includes- Tossed Salad Mixed Fruit Milk (variety)
<b>29</b>  SPRING RECESS SCHOOLS CLOSED	<b>30</b>  SPRING RECESS SCHOOLS CLOSED	<b>31</b>  SPRING RECESS SCHOOLS CLOSED		

# HOWITT WEST

Breakfast served from  
7:30 AM IN WEST BLDG.

Lunch price 1.50 most snacks .60 Milk .35 Bagel \$1.50 with butter, cream cheese, or Jelly  
Yogurt 4 oz. Cup .60 Soup .75 Ice Cream .60 100% Fruit Juice (4 oz.) .40  
WHEN AVAILABLE: Health Salad (lettuce, tomato, vegetable & dressing 1.25, Jello, pudding, Raisin  
Celery & carrot sticks .40. Oven fried and mashed potatoes .75 Tossed salad .65.  
AVAILABLE DAILY: Peanut butter & Jelly, Soup, or Chef Salad .1.50 Fruit water 1.25, Granola bars  
Or special K bars .75 baked chips .60, 100-calorie cookies .60 Lactaid milk available on request

**BREAKFAST AVAILABLE DAILY: \$1.00**  
**HOT SERVED ON MON. TUES & Thursday**  
**WHICH WILL BE EITHER PANCAKES, EGGS**  
**OR WAFFLES**  
**COLD SERVED ON WED & FRI**  
**WHICH WILL BE EITHER CEREAL OR**  
**BAGEL**

Cafeteria Employment Opportunities Available – Call 752-6552

## MARCH 2010 ENCOURAGE YOUR CHILD TO TAKE THE ENTIRE LUNCH BEING OFFERED.

**Note: Delivery and/or availability of food may require changes in menu.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Popcorn Chicken Ham sand. (Boars Head) -Includes- Green Beans Pears Milk (Variety)	<b>2</b> Sloppy Joe/bun Chicken on wheat (Boars Head) -Includes- Vegetarian soup Apples Milk (variety)	<b>3</b> Ravioli w/meat sauce Chef Salad -Includes- Tossed Salad Oranges Milk (Variety)	<b>4</b> Chicken Parmesan Turkey sand. (Boars Head) -Includes- Brown Rice Peaches Milk (Variety)	<b>5</b> Pizza stuffed crust/or Tuna fish sand. -Includes- Celery & Carrots Applesauce Milk (Variety)
<b>8</b> Chicken Nuggets Turkey sand. (boars Head) -Includes- Steamed Broccoli Pudding, Choc. Or Van. Milk (Variety)	<b>9</b> Pasta Primavera Southwest Chicken Salad -Includes- Chicken Rice soup Oranges Milk (Variety)	<b>10*BRUNCH FOR LUNCH*</b> French Toast Sticks /Turkey sausage Ham Sand. (Boars Head) -Includes- Potato Tots Peaches Milk (Variety)	<b>11</b> Beef Taco Hard or Soft Greek Salad -Includes- Tossed Salad/Soup of the day Frozen Strawberry cup Milk (Variety)	<b>12</b> Pizza stuffed crust /or Tuna fish sand. -Includes- Tossed Salad Apricots Milk (Variety)
<b>15</b> Chicken Tenders (3) Ham sand. (Boars Head) -Includes- Carrots Applesauce Milk (Variety)	<b>16</b> Grilled Cheese Roasted Chicken sand. (Boars Head) -Includes- Chicken Noodle soup Strawberries Milk (Variety)	<b>17</b> Cesar Salad Hot dog/bun -Includes- Hash Browns Mixed fruit Milk (Variety)	<b>18</b> Teriyaki Roasted Turkey Chef Salad -Includes- Corn Oranges Milk (Variety)	<b>19</b> Pizza stuffed crust/or Tuna fish sand. -Includes- Celery & carrots Cherries Milk (Variety)
<b>22</b> Grilled Chicken Pattie/bun Bologna on Wheat (Boars Head) -Includes- Steamed Mixed Veg. Peaches Milk (Variety)	<b>23</b> Hamburger/cheeseburger Turkey sand. (boars Head) -Includes- Potato Tots Jell-O Milk (Variety)	<b>24</b> Macaroni & Cheese Greek Salad -Includes- Steamed Green Beans Apples Milk (Variety)	<b>25</b> Southwest Salad/w chicken Hot Pocket -Includes- Chicken Noodle soup Pears Milk (Variety)	<b>26</b> Pizza stuffed crust /or Tuna fish sand. -Includes- Tossed Salad Mixed Fruit Milk (variety)
<b>29</b>  SPRING RECESS SCHOOLS CLOSED	<b>30</b>  SPRING RECESS SCHOOLS CLOSED	<b>31</b>  SPRING RECESS SCHOOLS CLOSED		