


# BREAKFAST MARCH 2012


RULE ISD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Pancakes/ Syrup Coco Puffs Green Applesauce Juice/ Milk	Cinnamon Roll Trix Cereal Pears Juice, Milk
Sausage Biscuit Berry Puffs Cereal Mixed Fruit, Juice, Milk	Biscuits w/sausage Gravy Lucky Charm cereal Peaches, Juice, Milk	Breakfast Taco Cinn. Toast Crunch Cereal, Green Applesauce, Juice, Milk	Waffles/ Syrup Coco Puffs Pears Juice, Milk	Breakfast Biscuit Trix Cereal Applesauce, Juice, Milk
Sausage, Biscuits Berry Puffs Cereal Mixed Fruit, Juice, Milk	Biscuits w/Sausage, Gravy Lucky Charm Cereal Peaches, Juice, Milk	Breakfast Taco Cinn. Toast Crunch Cereal, Cinn. Apple Slices,, Juice, Milk	Waffles w/Syrup Cocoa Puffs Cereal Pears, Juice, Milk	Breakfast Biscuit Trix Cereal Strawberry Applesauce, Juice, Milk
Biscuits w/Sausage Gravy Berry Puffs Cereal Peaches, Juice, Milk	Cinn. Toast / Sausage Lucky Charms Pears Juice, Milk	Scrambled Eggs w/Sausage Cinn. Toast Crunch Cereal Mixed Fruit, Juice, Milk	Pancakes/ Syrup Coco Puffs Green Applesauce Juice/ Milk	Cinnamon Roll Trix Cereal Pears Juice, Milk
<p>* 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.</p>			<p>SPRING BREAK : MARCH 12-16</p>	

References: USDA, ChooseMyPlate.gov

# LUNCH MARCH 2012

RULE ISD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Hot Dog, <sup>1</sup> Scalloped Potatoes, Crackers, Green Applesauce, Peaches cups, slushy, Milk	Cheese burger <sup>2</sup> Lettuce/cheese cups Tarter Tots Fruit Cookie Slushy, Milk
Ravioli w/Roll <sup>5</sup> Sweet Corn, Green Peas, Mixed Fruit, Red Applesauce, Slushy, Milk	Frito Chili Pie, <sup>6</sup> Glazed Carrots, Crackers, Apple, Lettuce & Cheese, Slushy, Milk	Beef & Bean Burrito <sup>7</sup> Corn Refried Beans Applesauce Pears Slushy, Milk	Steak Fingers/Gravy & Roll <sup>8</sup> Scalloped Potatoes, Green Beans, Fresh Fruit, Crackers, Slushy, Milk	Turkey on a Bun <sup>9</sup> Lettuce/cheese Fritos Fruit, Cookie Slushy, Milk
<sup>12</sup>	<sup>13</sup>	<sup>14</sup>	<sup>15</sup>	<sup>16</sup>
Spaghetti w/Garlic Bread <sup>19</sup> Corn, Green Beans, Mixed Fruit, Applesauce, Slushy, Milk	Corndog <sup>20</sup> Glazed Carrots, Pork & Beans, Orange, Crackers, Slushy, Milk	Crispy Beef Tacos <sup>21</sup> Corn, Refried Beans, Cinn. Apple Slices, Lettuce & Cheese, Slushy, Milk	Chicken Strips <sup>22</sup> Gravy & Roll Mashed Potatoes, Crackers, Fresh Fruit, Peaches, Slushy, Milk	Turkey on a Bun <sup>23</sup> Lettuce/cheese Fritos Fruit, Cookie Slushy, Milk
Beef Macaroni w/Roll <sup>26</sup> Glazed Carrots, Sweet Corn, Kiwi, Cinn. Apple Slices, Slushy, Milk	Chicken Nuggets <sup>27</sup> Gravy & Roll Mashed Potatoes, Green Beans, Crackers, Pears, Slushy, Milk	Enchiladas <sup>28</sup> Corn Charro Beans Orange Mixed Fruit Slushy, Milk	Hot Dog <sup>29</sup> Scalloped Potatoes Crackers Green Applesauce Peaches Slushy, Milk	Cheese burger <sup>30</sup> Lettuce/cheese cups Tarter Tots Fruit Cookie Slushy, Milk
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