



Trinity Basin - School of Liberal Arts

freshness, nutrition, and variety
all food produced in a TDH inspected facility

March 2010

LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
1 cheese pizza (2-M/A) ***** (3-G/B) <i>italian vegetables</i> (F/V) <i>diced pears</i> (F/V) <i>oatmeal raisin cookie</i> (1/2G/B) ***** **	2 salisbury steak (M) <i>with brown gravy</i> (x) <i>mashed potatoes</i> (F/V) <i>green beans</i> (F/V) <i>parkerhouse roll</i> (G/B) ***** **	3 ham, potato & cheese (M) <i>tortilla roll-up (10")</i> (2-G/B) <i>bbq beans</i> (F/V) <i>carrot coins</i> (F/V) <i>on wedge (chef's choice)</i> (1/2 F/V) <i>mustard packet</i> (x)	4 marinara meatsauce (M) <i>& spaghetti pasta</i> (G/B) <i>mixed vegetables</i> (F/V) <i>salad mix w/spinach</i> (F/V) <i>garlic bread stick</i> (G/B) <i>light ranch dressing</i> (x)	5 breakfast for lunch ** <i>sausage patties (2)</i> (M) <i>baked tater tots</i> (F/V) <i>pineapple & orange tidbits</i> (F/V) *** ** <i>ketchup</i> (x)
8 turkey & cheese (M) <i>on wheat bread</i> (2-G/B) <i>carrot/celery sticks</i> (F/V) <i>tropical fruit mix</i> (F/V) <i>crunchy pretzels</i> (G/B) <i>mustard, light ranch dressing</i> (x)	9 chicken nuggets (M, G/B) ***** ** <i>mac & cheese</i> M/A,G/B) <i>green peas</i> (F/V) <i>on wedge (chef's choice)</i> (F/V) <i>ketchup</i> (x)	10 hamburger patty (M) <i>oven crinkle fries</i> (F/V) <i>fresh apple</i> (F/V) <i>pickle wafers</i> (1/4 F/V) <i>burger bun</i> (2-G/B) <i>ketchup</i> (x)	11 beef lasagna (M) <i>with ziti pasta/mozzarella</i> (G/B) <i>green beans</i> (F/V) <i>salad mix w/spinach</i> (F/V) <i>french bread slice</i> (G/B) <i>light ranch dressing</i> (x)	12 taco beef burrito (1 1/4 M) <i>in a flour tortilla with cheese</i> (G/B) <i>side taco salad</i> (F/V) <i>refried beans</i> (F/V) <i>Spanish rice</i> (G/B) <i>sauce, light ranch dressing</i> (x)
15	16	17	18	19
22 grilled cheddar cheese (M/A) <i>on wheat bread</i> (2-G/B) <i>broccoli cheese rice</i> (F/V,G/B) <i>carrot coins</i> (F/V) <i>grape cluster</i> (1/2 F/V) ***** **	23 cheeseburger (1 1/4 M) <i>diced potatoes</i> (F/V) <i>fresh apple</i> (F/V) <i>pickle wafers</i> (1/4 F/V) <i>burger bun</i> (2-G/B) <i>ketchup</i> (x)	24 chicken nuggets (M, G/B) ***** ** <i>mashed potatoes</i> (F/V) <i>cut corn</i> (F/V) <i>carmel banana cake</i> (1/2 G/B) <i>ketchup</i> (x)	25 beef meatballs (M) <i>& penne pasta/marinara</i> (G/B) <i>green beans</i> (F/V) <i>salad mix w/spinach</i> (F/V) <i>herb bread stick</i> (G/B) <i>light ranch dressing</i> (x)	26 fajita chicken burrito (1 1/4 M) <i>in a flour tortilla with cheese</i> (G/B) <i>taco salad</i> (F/V) <i>pinto beans</i> (F/V) <i>Spanish rice</i> (G/B) <i>sauce, light ranch dressing</i> (x)
29 sloppy joe beef (M) ***** ** <i>oven crinkle fries</i> (F/V) <i>chilled diced pears</i> (F/V) <i>burger bun</i> (2-G/B) <i>ketchup</i> (x)	30 corny dog (M) ***** (G/B) <i>cowboy beans</i> (F/V) <i>steamed broccoli</i> (F/V) <i>apple oat cake</i> (1/2 G/B) <i>ketchup, mustard</i> (x)	31 baked chicken (M) <i>with bbq sauce</i> (x) <i>mashed potato</i> (F/V) <i>mixed vegetables</i> (F/V) <i>parkerhouse roll</i> (G/B) *		



all lunches served with 1-2% milk



daily fresh fruits and vegetables



fresh baked whole grains



heart healthy!
low sugars, fats, & salt



proper calories for energy