

FORESTVILLE SCHOOL

Fast Bag Lunch- MARCH 2008

*** = HOT

MONDAY

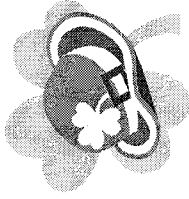
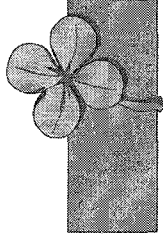
TUESDAY

WEDNESDAY

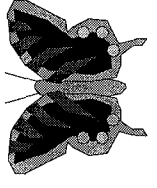
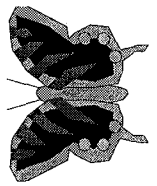
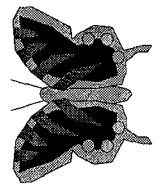
THURSDAY

FRIDAY

- 8 cool tips for a HEALTHY BREAKFAST before you arrive to school:
 1) Eat fruits and/or vegetables. 2) Have grains that are whole grains.
 3) Choose calcium-rich foods. 4) Make your protein lean.
 5) Have foods low in fat and sugar. 6) Be daring! Try new foods.
 7) Consider leftovers for breakfast. 8) Help your parents shop for breakfast foods.



French Bread Pizza FRUIT CUP JUICE Milk	Penne in Pesto Parmesan pkt.; Bread Sticks 2-String Cheese Baby Carrots; Fruit Juice Milk	Chicken Nuggets*** Tater Tots*** catsup packet; Pretzels / Cookies PKG Fruit Juice Milk	HOT DOGS Chips Cup of Apricots Dried Fruit Snack Milk	Bean & Cheese Burrito*** side of Salsa Tortilla Chips Fruit Juice Milk	MOZZARELLA CHEESE STICKS Pizza Dip Chocolate Sandwich Cookies Juice Milk	Turkey & Vegetable Eggroll*** mustard pkt. Chow Mein Noodles Orange Fortune Cookie Milk	mini-Corn Dogs*** French Fries*** catsup & mustard packets Carrot Coins Oatmeal Raisin Cookie Milk	Breaded Chicken Burger*** catsup packet; side of ranch "Doritos" Chips Celery Sticks fresh Apple Milk	Nachos !!*** (tortilla chips; side of cheese sauce) side of (mild) Salsa Carrot Coins Milk	French Bread Pizza*** (pepperoni) Raisins Apple Milk	Chicken Nuggets*** Tater Tots BBQ sauce & catsup pkts. Trail Mix Fruit Juice Milk	Hot Dog*** catsup & mustard packets Carrot Coins Fruit Cocktail Milk	BEAN & CHEESE BURRITO String Beans, Chips taco sauce Juice Milk	Homemade Pizza Bagel Peanuts Cookie Dried Fruit Snack Milk	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
FRENCH BREAD PIZZA Apple Fruit Juice Milk					24	25	26	27	28	29	30	31							



Menu is subject to change. Lunches are provided by West Sonoma Co. Union High School District's Food Service Department, 824-6450 (or tstout@analy.org). The U.S.D.A. is an equal opportunity provider and employer. Menus may be viewed online @ www.forestvilleschool.org.