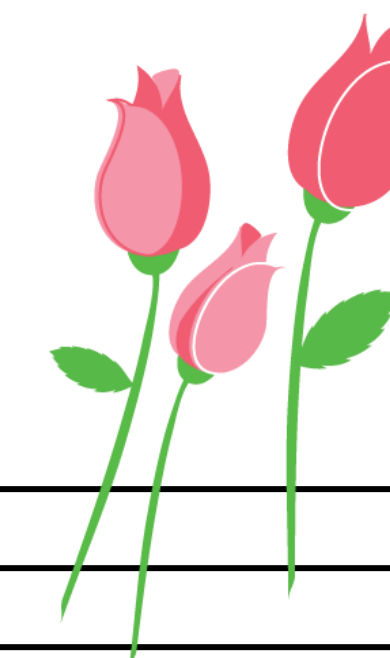
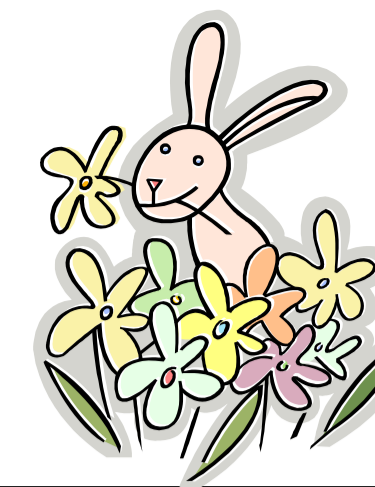


March 2010


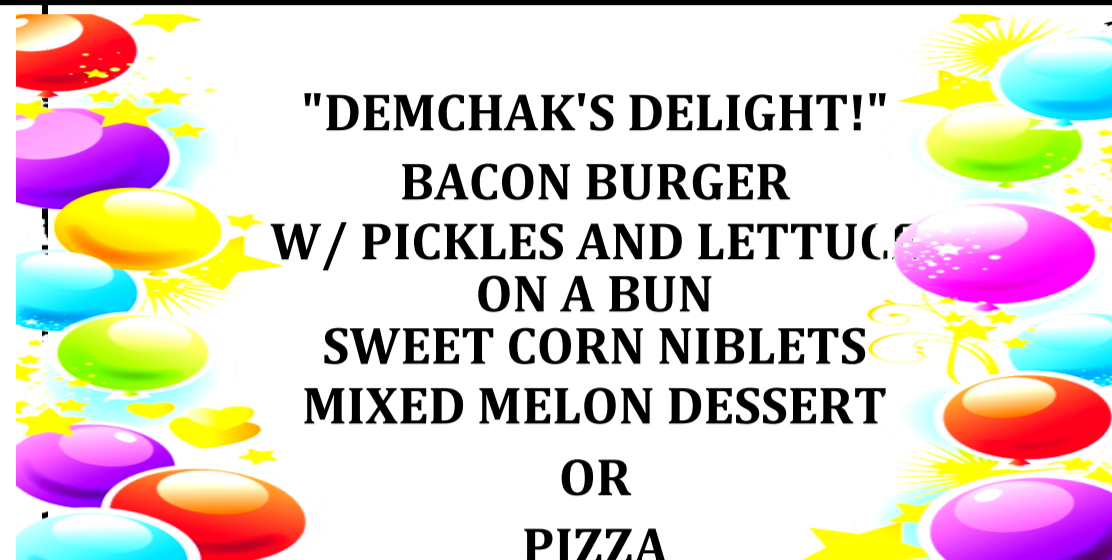


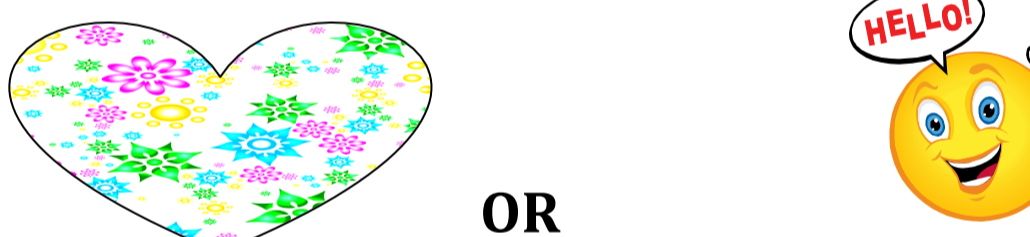


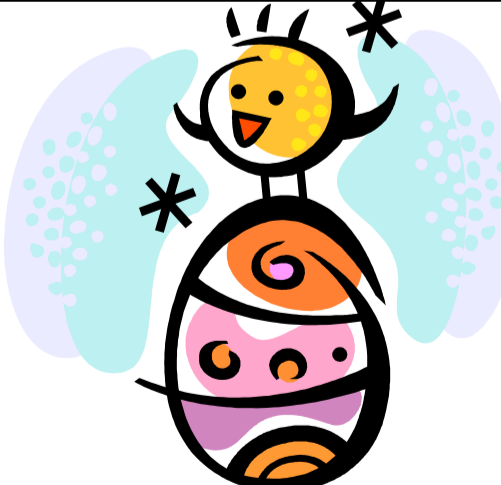


WOLCOTT SCHOOL LUNCH
ELEMENTARY SCHOOL MENU



MILK \$.50
LUNCH \$2.00

March is National Nutrition Month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
READ ACROSS AMERICA WEEK!				
<p>1</p> <p>WARM SOFT PRETZEL CHOOSE 2 PEANUT BUTTER CUP or CHEESE CUP or CHEESE STICK FRESH BABY CARROTS</p> <p>OR PIZZA</p>	<p>"Dr. Seuss' Birthday" "Green Eggs and Ham" EGG, CHEESE & HAM OMELET ON A CROISSANT HASH BROWN</p>  <p>OR HOT DOG ON A BUN</p>	<p>2</p> <p>"DEMCHAK'S DELIGHT!" BACON BURGER W/ PICKLES AND LETTUCE ON A BUN SWEET CORN NIBLETS MIXED MELON DESSERT</p>  <p>OR PIZZA</p>	<p>4</p> <p>FRISBIE-BBQ RIB ON A STEAK ROLL WAKELEE- HAM AND CHEESE MELT ON A PRETZEL BUN OVEN FRIES</p> <p>ALCOTT- BAKED POTATO BAR</p> <p>OR HOT DOG ON A BUN</p>	<p>5</p> <p>8 " FRENCH BREAD PIZZA RED PEPPER AND CUCUMBER SLICES WITH LITE DRESSING DIPPING SAUCE</p> <p>OR TUNA SANDWICH</p>
<p>8</p> <p>MINI PANCAKES SAUSAGE PATTIE CHOICE OF BLUEBERRY OR PEACH CUP</p> <p>OR PIZZA</p>	<p>9</p> <p>MOZZARELLA STICKS MARINARA DIPPING SAUCE TOSSED SALAD WITH LITE DRESSING</p> <p>OR HOT DOG ON A BUN</p>	<p>10</p> <p>ITALIAN GRILLED CHEESE ON WHOLE WHEAT BREAD WARM TOMATO SOUP</p> <p>OR PIZZA</p>	<p>11</p> <p>OVEN BAKED CHICKEN MASHED POTATOES WITH A WHOLE WHEAT DINNER ROLL</p> <p>OR HOT DOG ON A BUN</p>	<p>13</p> <p>BIG DADDY'S PIZZA WITH CAESAR SALAD</p> <p>OR FISH SANDWICH WITH MELTED CHEESE</p>
<p>March 14th, Daylight Savings 15</p> <p>CHICKEN TENDERS DIPPING SAUCE CHEESY RICE THREE BEAN SALAD</p> <p>OR PIZZA</p>	<p>16</p> <p>BBQ RIB ON A STEAK ROLL OVEN ROASTED MIXED VEGETABLES</p> <p>OR HOT DOG ON A BUN</p>	<p>17</p> <p>ST. PATTY'S DAY! SALISBURY STEAK WITH GRAVY IRISH GREEN MASHED POTATOES IRISH POTATO ROLL HOLIDAY COOKIE</p>  <p>OR PIZZA</p>	<p>18</p> <p>"JOHNNY APPLESEED DAY" CHICKEN NUGGETS WITH A WHOLE WHEAT ROLL BROCCOLI AND CHEESE FRESH ROSIE APPLE</p>  <p>OR HOT DOG ON A BUN</p>	<p>19</p> <p>GOOD BYE WINTER! HELLO SPRING! STUFFED CRUST PIZZA MIXED GREEN SALAD WITH LITE DRESSING</p>  <p>OR TUNA SANDWICH</p>
<p>22</p> <p>CHICKEN PATTY ON A BUN STEAMED GREEN BEANS</p> <p>OR PIZZA</p>	<p>23</p> <p>STUFFED CRUST PIZZA DIPPERS WITH MARINARA SAUCE TOSSED SALAD WITH LITE DRESSING</p> <p>OR FOOTLONG HOT DOG ON A BUN</p>	<p>24</p> <p>CHICKEN AND ROASTED PEPPER FAJITA ON A WHOLE GRAIN TORTILLA FRESH VEGGIES WITH DIP OR PIZZA</p>	<p>25</p> <p>ASIAN BBQ CHICKEN BITES STEAMED RICE ORIENTAL VEGETABLES</p> <p>OR HOT DOG ON A BUN</p>	<p>26</p> <p>PERSONAL PAN PIZZA BABY CARROTS LITE DRESSING</p> <p>OR EGG SALAD SANDWICH</p>
<p>29</p> <p>POPCORN CHICKEN WITH A ROLL SAUTE SPINACH GARLIC BUTTER SAUCE</p> <p>OR PIZZA</p>	<p>30</p> <p>CHILI CHEESE FRITOS CHILI, CHEESE and TORTILLA CHIPS BROCCOLI OR HOT DOG ON A BUN</p> 	<p>31</p> <p>EARLY DISMISSAL NO SCHOOL LUNCH</p> 	<p>1-Apr</p> <p>PASTA WITH MARINARA SAUCE SERVED WITH MEATBALLS GARLIC BREAD TOSSED SALAD LITE DRESSING OR HOT DOG ON A BUN</p>	<p>GOOD FRIDAY NO SCHOOL</p> 

Choice #3 TRIPLE DECKER PEANUT BUTTER & JELLY SANDWICH, JUICE, FRUIT , MILK

Choice #4 Cereal, Fruited Yogurt, Crackers, Cheese Stick, Fruit, Milk, Juice.

Choice #5 CHEF SALAD - Assorted salad greens, turkey and cheese with a ww dinner roll, juice, fruit, milk

Choice #6 Triple Decker American Cheese Sandwich, juice, fruit, milk

COMPLETE EACH MEAL WITH YOUR CHOICE OF FRESH OR CANNED FRUIT OR 100% JUICE CUP

Choice of non-fat, low fat, white milk or low fat chocolate or strawberry milk included with every meal.

SUBSTITUTIONS MAY OCCUR

WOLCOTT SCHOOL LUNCH HAS A "NO CHARGE POLICY"

ICE-CREAM & FROZEN TREATS \$1.00 & \$1.25	WATER \$1.00 100% JUICE \$1.25
HEALTHY SNACKS \$.85 & \$1.00	BREAKFAST COMBO \$1.25

If family circumstances or income change, because of unemployment or disability or increase in family size, your family may apply or reapply for free or reduced lunches. You may file at any time during the academic year. Applications may be picked up in the school's main office, or by calling 879-8145.