

FOOD COURT MENU DHS



March 1-5, 2010

Meals are served with not less than 3 components

Rotation A	Pizza	Deli	Grill	Home Cooking
Monday 3-1-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce/Tomato/Pickle Choice of Baked Chips Fruit/Dessert Milk Choice	Chicken Nuggets Whole Potatoes Green Peas School Baked Rolls Fruit Milk Choice	Chicken Nuggets Whole Potatoes Green Peas School Baked Rolls Fruit Milk Choice
Tuesday 3-2-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce/Tomato/Pickle Choice of Baked Chips Fruit/Dessert Milk Choice	Chicken Fajita Refried Beans Brown Rice Shredded Cheese Orange Wedges Milk Choice	Chicken Fajita Refried Beans Brown Rice Shredded Cheese Orange Wedges Milk Choice
Wednesday 3-3-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce/Tomato/Pickle Choice of Baked Chips Fruit/Dessert Milk Choice	Hamburgers French Fries Lettuce/Tomato/Pickle Pork and Beans Fruit Milk Choice	Hamburgers French Fries Lettuce/Tomato/Pickle Pork and Beans Fruit Milk Choice
Thursday 3-4-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce/Tomato/Pickle Choice of Baked Chips Fruit/Dessert Milk Choice	Grill Chicken Sandwich Lettuce and Tomato Potato Wedge Fruit Milk Choice	Grill Chicken Sandwich Lettuce and Tomato Potato Wedge Fruit Milk Choice
Friday 3-5-10	Chili or Vegetable Soup Peanut Butter and Jelly Sandwich OR Cheese Toast Saltine Crackers Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Fruit Milk Choice	Chili or Vegetable Soup Peanut Butter and Jelly Sandwich OR Cheese Toast Saltine Crackers Vegetable Sticks Fruit Milk Choice	Chili or Vegetable Soup Peanut Butter and Jelly Sandwich OR Cheese Toast Saltine Crackers Vegetable Sticks Fruit Milk Choice

Boxed Chef Salad-offered daily as a lunch choice

In accordance with Federal Law and USDA policy the Dade County School Nutrition Program does not discriminate on basis of race, color, national origin, sex or disability.

FOOD COURT MENU DHS



March 8-12, 2010

Meals are served with not less than 3 components

<i>Rotation B</i>	Pizza	Deli	Grill	Home Cooking
Monday 3-8-10	Pizza Tossed Salad Corn Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Baby Carrots Fruit Milk Choice	Chicken Nuggets Carrots Cream Potatoes Cole Slaw School Bake Rolls Fresh Fruit Milk Choice	Chicken Nuggets Carrots Cream Potatoes Cole Slaw School Bake Rolls Fresh Fruit Milk Choice
Tuesday 3-9-10	Pizza Tossed Salad Corn Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Baby Carrots Fruit Milk Choice	Corn Dog Tri Tator Dill Spear Vegetable Sticks Cole Slaw Fruit Milk Choice	Lasagna Green Beans Tossed Salad Vegetable Sticks School Baked Rolls Fruit Milk Choice
Wednesday 3-10-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Fruit Milk Choice	Hot Dog and Chili Tri Tator Cole Slaw Raw Vegetable Sticks Fruit Milk Choice	Steak and Gravy Cream Potatoes Turnip Greens Pinto Beans School Baked Rolls Fruit Milk Choice
Thursday 3-11-10	Pizza or Cheese Sticks and Marina Sauce Tossed Salad Chilled Apple Sauce Baby Carrots Fruit Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Fruit Chilled Apple Sauce Milk Choice	Pizza or Cheese Sticks and Marina Sauce Tossed Salad Chilled Apple Sauce Baby Carrots Fruit Choice	Pizza or Cheese Sticks and Marina Sauce Tossed Salad Chilled Apple Sauce Baby Carrots Fruit Choice
Friday 3-12-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Pretzels Fruit Milk Choice	Breaded Chicken On Bun Lettuce/Tomato Potato Wedge Raw Vegetable Sticks Fresh Fruit Milk Choice	Breaded Chicken On Bun Lettuce/Tomato Potato Wedge Raw Vegetable Sticks Fresh Fruit Milk Choice

Boxed Chef Salad-offered daily as a lunch choice

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FOOD COURT MENU DHS



March 15-19, 2010

Meals are served with not less than 3 components

Rotation C **Pizza** **Deli** **Grill** **Home Cooking**

Monday 3-15-10	Pizza Tossed Salad Vegetable Sticks Fruit Choice Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Pretzels Fruit Milk Choice	Petro's Shredded Lettuce and Diced Tomato Shredded Cheese Sour Cream Vegetable Sticks Fruit Milk Choice	Petro's Shredded Lettuce and Diced Tomato Shredded Cheese Sour Cream Vegetable Sticks Fruit Milk Choice
Tuesday 3-16-10	Hamburger Tri Tator Lettuce Tomato Pickle Pork and Beans Tossed Salad Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Pretzels Fruit Milk Choice	Hamburger Tri Tator Lettuce Tomato Pickle Pork and Beans Tossed Salad Fruit Milk Choice	Hamburger Tri Tator Lettuce Tomato Pickle Pork and Beans Tossed Salad Fruit Milk Choice
Wednesday 3-17-10 	Pizza Vegetable Sticks Corn Fruit Choice Lime Jell O and Cookies Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Pretzels Fruit Lime Jell O and Cookies Milk Choice	Chicken Tetrazzini Corn Vegetable Sticks Fruit Choice Lime Jell O and Cookies Milk Choice	Grill Chicken Sandwich Corn Vegetable Sticks Fruit Choice Lime Jell O and Cookies Milk Choice
Thursday 3-18-10	Pizza Vegetable Sticks Tossed Salad Fruit Choice Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Pretzels Fruit Milk Choice	BBQ Sandwich French Fries Pork and Beans Fruit Spiced Apples Milk Choice	BBQ Sandwich French Fries Pork and Beans Fruit Spiced Apples Milk Choice
Friday 3-19-10	Deli Sandwich Salad Lettuce and Tomato Baby Carrots Pretzels Fruit Choice Milk Choice	Deli Sandwich Salad Lettuce and Tomato Baby Carrots Pretzels Fruit Choice Milk Choice	Chicken Salad and Pita Bread Lettuce and Tomato Baby Carrots Pretzels Fruit Choice Milk Choice	Burrito Mexican Beans Brown Rice Lettuce and Tomato Cheese Sauce Baby Carrots Fruit Choice Milk Choice

Boxed Chef Salad-offered daily as a lunch choice

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FOOD COURT MENU DHS

March 22-26, 2010



Meals are served with not less than 3 components

<i>Rotation D</i>	Pizza	Deli	Grill	Home Cooking
Monday 3-22-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Fruit Milk Choice	Chicken Tenders Cream Potatoes Green Beans Cole Slaw School Baked Rolls Fruit Milk Choice	Chicken Tenders Cream Potatoes Green Beans Cole Slaw School Baked Rolls Fruit Milk Choice
Tuesday 3-23-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Fruit Milk Choice	Taco Salad Shredded Lettuce and Diced Tomatoes Shredded Cheese Salsa Corn Fruit Milk Choice	Taco Salad Shredded Lettuce and Diced Tomatoes Shredded Cheese Salsa Corn Fruit Milk Choice
Wednesday 3-24-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Fruit Milk Choice	Chili Dog Tri Tator Cole Slaw Raw Vegetable Sticks Fruit Milk Choice	Steak Nuggets Mac'N Cheese Turnip Greens Pinto Beans School Baked Rolls Fruit Milk Choice
Thursday 3-25-10 EARLY RELEASE	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Fruit Milk Choice	Breaded Chicken Sandwich Lettuce and Tomato Dill Spear Salad Choice of Baked Chips Fruit Milk Choice	Breaded Chicken Sandwich Lettuce and Tomato Dill Spear Salad Choice of Baked Chips Fruit Milk Choice
Friday 3-26-10	WEATHER MAKE UP DAY Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce and Tomato Dill Spear Choice of Baked Chips Fruit Milk Choice	Corn Dog or Grill Cheese Sandwich Tator Tot Dill Spear Cole Slaw Choice of Apples Milk Choice	Corn Dog or Grill Cheese Sandwich Tator Tot Dill Spear Cole Slaw Choice of Apples Milk Choice

Boxed Chef Salad-offered daily as a lunch choice

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FOOD COURT MENU DHS

March 29-31, 2010



Meals are served with not less than 3 components

Rotation A	Pizza	Deli	Grill	Home Cooking
Monday 3-29-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce/Tomato/Pickle Choice of Baked Chips Fruit/Dessert Milk Choice	Chicken Nuggets Creamed Potatoes Green Beans School Baked Rolls Fruit Milk Choice	Chicken Nuggets Creamed Potatoes Green Beans School Baked Rolls Fruit Milk Choice
Tuesday 3-30-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce/Tomato/Pickle Choice of Baked Chips Fruit/Dessert Milk Choice	Chili Dog Tri Tator Cole Slaw Orange Wedges Rice Krispy Treat Milk Choice	Chili Dog Tri Tator Cole Slaw Orange Wedges Rice Krispy Treat Milk Choice
Wednesday 3-31-10	Pizza Tossed Salad Vegetable Sticks Fruit Milk Choice	Deli Sandwich Salad Lettuce/Tomato/Pickle Choice of Baked Chips Fruit/Dessert Milk Choice	Hamburgers French Fries Lettuce/Tomato/Pickle Pork and Beans Fruit Milk Choice	Hamburgers French Fries Lettuce/Tomato/Pickle Pork and Beans Fruit Milk Choice



*Wishing you a rainbow
For sunlight after showers-
Miles and miles of Irish smiles
For golden happy hours-
Shamrocks at your doorway
For luck and laughter too,
And a host of friends that never ends
Each day your whole life through!*

Cost of Lunch at Dade
High School \$1.70
Cost of Breakfast \$0.90

Free /Reduce Meal
Applications are available
and can be picked up at the
Central Office
52 Tradition Lane
or at any of the four
Dade County Schools.



March is National Nutritional Month

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