

Breakfast Served:  
8:00 a.m. at **BOTH**  
Elementary and  
Jr-Sr High School

## SIGOURNEY COMMUNITY SCHOOLS

### Breakfast and Lunch Menu - MARCH 2012

SCSD is an equal opportunity  
provider and employer.  
*Menu is subject to change  
without notice.*

	Monday	Tuesday	Wednesday	Thursday	Friday
Cereal is a breakfast alternative. Milk choices are offered with breakfast and lunch. 100% juice or fruit is offered with breakfast.	Alt Lunch: Toasted Cheese	Note: WG Indicates a healthy whole grain food.		<b>March 1</b> Mini Pancakes, Applesauce ----- Salisbury Steak, Whipped Potatoes, Gravy, Apricots, WW Dinner Roll	<b>March 2 (Dr. Seuss Birthday)</b> Funnel Cake & Yogurt ----- Egg Omelet, (Alt. Green Eggs & Ham), Hash Browns, Banana, WW Toast, Birthday Cake
Salad is offered as an alternative for grades 5-12.  Alternative Lunch: Hot Ham, WG Bun	<b>March 5</b>  <b>NO SCHOOL</b>	<b>March 6</b> Sausage & Cheese Biscuit ----- Popcorn Chicken, Whipped Potatoes, Fresh Fruit, Muffin	<b>March 7</b> Fr. Toast, Little Smokies ----- Tomato Soup, Crackers, Toasted Cheese Sandwich, Baby Carrots, Pineapple	<b>March 8</b> Breakfast Stix, Raisins ----- Spaghetti & Meat Sauce, Tossed Salad, Peaches, French Bread	<b>March 9</b>  <b>NO SCHOOL</b>
Alternative Lunch: Fish Sandwich	<b>March 12</b> Ham Combo Bar, WW Toast ----- Burritos, Nachos & Cheese Sauce, Corn, Blushing Pears	<b>March 13</b> Assorted Cereal, Donut Holes, Raisins ----- Chicken Fajitas, WG Wraps, (lettuce & cheese), Tater Tots, Mixed Fruit, Brownie	<b>March 14</b> Cheese Omelet, WW Toast ----- Savage Meat Loaf, Whipped Potatoes & Gravy, Strawberries, WW Dinner Roll	<b>March 15</b> Cooks Choice ----- Walkin (tray) Tacos, (lettuce & cheese), Beans, Rosy Applesauce, Cinnamon Rolls	<b>March 16</b> Yogurt, Cinnamon Roll ----- Pigs in Blanket, Macaroni and Cheese, Baked Beans, Pears, St. Patrick's Jell-O
Alternative Lunch: Hot Dog, WG Bun	<b>March 19</b> Breakfast Pizza ----- Chicken & Noodles, Whipped Potatoes, Peas, Mandarin Oranges, WW Dinner Roll	<b>March 20</b> Egg Patty, Potatoes, Toast ----- Rib Patty, WG Bun, Corn or Corn Mac, Tossed Salad, Apple Wedges	<b>March 21</b> Cooks Choice ----- Steak Nuggets, Oven Baked Potatoes, Fruit Salad, Cinnamon Bread Stix	<b>March 22</b> Oatmeal, Cinnamon Biscuit ----- Italian Meatball Sub, Buttered Pasta, Green Beans, Peaches	<b>March 23</b> Mini Pancakes, Applesauce ----- Pizza (school made), Cheese or Cooks Choice, Corn, Applesauce, Oatmeal Cookie
Alternative Lunch: Hamburger, WG Bun	<b>March 26</b> Breakfast Sandwich ----- Breaded Pork Sandwich, Rice Pilaf, Green Beans, Baked Apples	<b>March 27</b> Fr. Toast, Little Smokies ----- Cooks Choice	<b>March 28</b> Breakfast Wrap ----- Chburger Macaroni, Tossed Salad, Applesauce, WG Bread Stix	<b>March 29</b> Yogurt Parfait ----- Hot Ham, WG Bun, Potatoes, Cottage Cheese, Pineapple	<b>March 30</b> Cereal Bar & Ass't Cereal ----- Deli Turkey & Cheese Sandwich or Alt: Tuna Salad Sandwich, Baby Carrots, Dip, Pickle, Mac & Cheese, Fruited Jell-O