


MARCH 2010**ARCHBISHOP CHAPELLE HIGH SCHOOL**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| Chicken Teriyaki Fried Rice California Veggies Pineapple Egg Roll Almond Cookie w/Nuts Hamburger | Pork Taco Mexican Rice Seasoned Corn Lettuce /Tomato Cinnamon Stick Chicken Strips | Meat sauce w Rotini Italian Green beans Orange Wedges Garlic roll Spicy Chicken Patty | Turkey Stew Rice Green Salad Sweet Potatoes French Bread Chocolate Cream Pie Hot Dog or Peanut Butter Sandwich | Catfish Mac & Cheese Chilled Pears Tossed Salad Roll Grilled Cheese |
| Pork Chop Mashed Potatoes Brown Gravy Sweet Peas Roll Hamburger | Exams | Exams | Exams | Exams |
| Red Beans w/ Rice Sausage Tossed Salad Fruit Corn Bread Hamburger | Pork Taco Mexican Rice Seasoned Corn Lettuce / Tomato Cinnamon Stick Chicken Patty | Sausage and Potato Stew Tossed Salad Chilled Pears French Bread Cake W Icing  Meat Ball Poboy | Chicken Smackers Mashed potatoes Buttered Corn Wheat Roll Pudding Cup Deli Turkey On Slice | Staff Development No School |
| Pork Chop Dirty Rice Peaches Buttered Carrots Roll Hamburger | Chicken Taco Mexican Rice Seasoned Corn Lettuce/ Tom Honey Bun Hot Dog /Corn Dog | Nutrition Day –Sugar Snap Peas Spaghetti w Meat Balls Caesar Salad Seasoned Green beans Garlic wheat Roll Chocolate Cake Spicy Chicken Patty | Turkey &Sausage Gumbo Fluffy rice Potato Salad Applesauce French bread Jell-o Hamburger | Shrimp Poppers Mac & Cheese Seasoned Peas Tropical Fruit Seeded Roll Fish Patty |
| Chicken Strips Potatoes in Cheese sauce Applesauce French Bread Ernie Cookie Hamburger | Pork Taco Mexican Rice Seasoned Corn Lettuce/ tom Cinnamon Stick BBQ Pork or Corn dog | Meat sauce w/ Rotini Seasoned Green Beans Chilled Pears Italian Bread Chicken Patty | Please Check on Your Lunch Account www.schoolfiles.com | School lunches must meet Recommendations of the Dietary guideline for Americans. No more than 30% of calories from fat and less than 10% from saturated fat averaged weekly. Lunches contain 1/3 of the RDI of Protein, Vitamin A, Vitamin C, Iron and Calcium |

