



Philip F. Lauer Middle School

March...2010

www.wilsonareasd.org



1 Nacho Walking Taco Lettuce & Salsa Seasoned Peas Pears Lowfat Milk Choice	2 BAJA FLATS Cheese Steaks	3 Hot Dog w/ Toppings Bag of Chips Tossed Salad Applesauce Lowfat Milk Choice	4 Pizza Dunkers w/ Cheese Tomato dipping sauce Seasoned Golden Corn Apple Lowfat Milk Choice	5 Swedish Meatballs over Pasta Whipped Potatoes Pineapples Lowfat Milk Choice
8 Chicken Parmesan on a Roll Seasoned Golden Corn Applesauce Lowfat Milk Choice	9 Baked Chicken Nuggets Dinner Roll Tossed Salad Peaches Lowfat Milk Choice	10 Toasted Cheese with a cup of soup Rice & Vegetable Mix Pears Lowfat Milk Choice	11 Nacho's w/ Cheese & Chili Seasoned Green Beans Applesauce Lowfat Milk Choice	12 Macaroni & Cheese Dinner Roll Tossed Salad Pineapples Lowfat Milk Choice
15 Pizza Dunkers w/ Cheese Tomato dipping sauce Tossed Salad w/ Broccoli Apple Lowfat Milk Choice	16 Popcorn Chicken Pasta Salad Seasoned Carrots Pears Lowfat Milk Choice	17 Pizza Sticks with Tomato dipping sauce Tossed Salad Fruit Cocktail Lowfat Milk Choice	18 Nacho Tacos Lettuce & Salsa Seasoned Green Beans Peaches Lowfat Milk Choice	19 Swedish Meatballs over Pasta Tossed Salad Fruit Cocktail Lowfat Milk Choice
22 Italian Meat Ball Parmesan Tossed Salad Peaches Lowfat Milk Choice	23 Chicken Nuggets or Creamy Herb Chicken Herb Breadstick Carrots w/ Herb Dip Pear, Lowfat Milk Choice	24 Pizza Dunkers w/ Tomato dipping sauce Seasoned Golden Corn Mixed Fruit Lowfat Milk Choice	25 BAJA FLATS Cheese Steaks	26 Vegetable Lasagna Dinner Roll Tossed Salad Pears Lowfat Milk Choice
29 Spring Vacation	30 Spring Vacation	31 Spring Vacation		March is Carrot Month Look for Carrots with a special Herb Dip on MARCH 24th



Offered with choice of 2 F/V components & Lowfat Milk

**Available Daily:** Garden Salad w/ Cheese

**Specialty Salads**

- Monday- Popcorn Chicken Salad
- Tuesday- Catalina Roast Turkey Salad
- Wednesday- Antipasto Salad
- Thursday- Chicken Caesar Salad
- Friday- Chunky Tuna Salad

See Cafeteria daily for extra entrees and specials

**March**

Carotenoids are plant pigments that give carrots their orange color

A great superfood for your eyes, skin and hair

Rich in vitamin A, potassium, and fiber

Raw carrots can be orange, purple, white, red or yellow

Outstanding vegetable eaten raw, steamed, shredded as well as cut and baked as "carrot fries"

Tops should be removed before storing



Offered with choice of 2 F/V components & Lowfat Milk

**Available Daily:** Cheese Pizza

**Specialty Pizza**

- Monday- Pepperoni
- Tuesday- Roasted Garlic White Pizza
- Wednesday- Sausage
- Thursday- German Pizza
- Friday- Meat Lover's Pizza



Offered with choice of 2 F/V components & Lowfat Milk

**Available Daily:**

Hamburger, Cheeseburger and Chicken Sandwich

**Daily BALANCED**

**CHOICE™ SPECIALS**

- Monday- Chicken Parmesan Wrap
- Tuesday- Buffalo Chicken Wrap
- Wednesday- Chicken Ranch Wrap
- Thursday- Chicken Fajita Wrap
- Friday- BBQ Chicken Wrap



**BALANCED CHOICE SPECIALS are Available**  
with Seasoned Corn, Fresh Fruit and 1%Milk



Offered with choice of 2 F/V components & Lowfat Milk

**Available Daily:** American Hoagie



**BALANCED CHOICE SPECIALS are Available**  
with the Specialty Salad of the day, Fresh Fruit and 1%Milk

Student Lunch \$2.15  
Menu Subject to Change