

# West Fork

# Breakfast/Hot Lunch

# March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Sheffield – Cereal, Toast Shrimp Shapes, Mac &amp; Cheese, Strawberry Shortcake</p> <p>Rockwell – Cereal, Yogurt, poptart Egg/ham/cheese/bun, tator tots, orange, cake w/frosting</p>	<p>2 Sheffield – French Toast, Sausage Chicken Nuggets, Mashed Potatoes, Corn, Fruit Cocktail</p> <p>Rockwell – Pancake on a stick Beef/cheese nachos, yogurt, cooked carrots, peaches</p>	<p>3 Sheffield – Omelet, Bacon, Toast Cheeseburger, Fries, Baked Beans</p> <p>Rockwell – Breakfast pizza Chicken nuggets, applesauce, green beans, butter/peanut butter sandwich</p>	<p>4 Sheffield – Pancakes, Sausage Chili Crispito, Rice Pilaf, Refried Beans, Pears</p> <p>Rockwell – French toast, yogurt Pepperoni pizza, lettuce salad, pineapple</p>	<p>5 Sheffield–Breakfast Bar (Ham, Eggs) Italian Dunkers, Hash Browns, Oranges</p> <p>Rockwell – Biscuits &amp; gravy, Fish sandwich, baked beans, sliced pears, animal crackers</p>
<p>8 Sheffield – Oatmeal, Toast Beefburger, Potato Wedges, White Cake</p> <p>Rockwell – Scrambled eggs, sausage Crispitos/cheese, Mexican rice, banana, trail mix</p>	<p>9 Sheffield–Waffles, Sausage Tomato/Chicken Noodle Soup, Toasted Cheese, Cottage Cheese</p> <p>Rockwell – Cereal &amp; poptarts Chicken patty/bun, peas, mandarin oranges, cake w/frosting</p>	<p>10 Sheffield – Scrambled Eggs, Ham Sub Sandwich, Chips, Apples, Snickerdoodles</p> <p>Rockwell –Breakfast pizza Hot dogs, apple, baby carrots, animal crackers <b>12:30 Dismissal</b></p>	<p>11 Sheffield–Pancake on a Stick, Yogurt Nachos/Beef., Rice Pilaf, Pears</p> <p>Rockwell – Cereal &amp; donuts Chili, cinnamon rolls, carrots &amp; celery sticks, pineapple</p>	<p>12 Sheffield–Breakfast Bar (Ham, Eggs) Cheese Pizza, Breadsticks, Strawberries &amp; Bananas</p> <p>Rockwell – Biscuits &amp; gravy Shrimp poppers, green beans, pears, cheerio bars</p>
<p>15 Sheffield –Oatmeal, Toast, Yogurt Popcorn Chicken, Mashed Potatoes, Corn, Pineapple</p> <p>Rockwell – Scrambled eggs &amp; ham Turkey deli sandwich, smiley potatoes, green beans, sliced pears</p>	<p>16 Sheffield – French Toast, Sausage Lasagna, Garlic Toast, Caesar Salad</p> <p>Rockwell – Pancake on a stick Potato bar with all the fixings, broccoli &amp; cheese sauce, applesauce, butter/peanut butter sandwich</p>	<p>17 Sheffield – Egg Patty, Bacon, Toast Tacos, Rice, Mandarin Oranges</p> <p>Rockwell – Breakfast Pizza Hamburger/bun, fries, pears, animal crackers</p>	<p>18 Sheffield – Pancakes, Sausage Rib Sandwich, Fries, Green Bean Casserole, Apples</p> <p>Rockwell – Cereal &amp; yogurt Beef ole’ fritios-meat-cheese, lettuce, tomato, carrots, mixed fruit, sugar cookies</p>	<p>19 Sheffield – Breakfast Pizza Pasta Marinara, Breadsticks, Pineapple</p> <p>Rockwell –Biscuits &amp; gravy Bosco sticks, mandarin oranges, lettuce salad <b>2:00 Dismissal</b></p>
<p>22 Sheffield – Cereal, Donut Pizzaburger, Hash Browns, Broccoli &amp; Cheese</p> <p>Rockwell –Scrambled eggs, sausage Grilled cheese sandwich, baked beans, plain chips, applesauce <b>2:00 Dismissal</b></p>	<p>23 Sheffield – Waffles, Sausage Chili/Chicken Noodle Soup, Cottage Cheese, Cinnamon Rolls, Peaches</p> <p>Rockwell – French toast &amp; yogurt Cheese pizza, lettuce salad, corn, apricots</p>	<p>24 Sheffield – Omelet, Bacon, Toast Chicken Tenders, Potatoe Wedges, Baked Beans, Pumpkin Bar</p> <p>Rockwell – Breakfast pizza Taco soft shell, lettuce-tomato- cheese, peas, peaches/strawberries, ice cream treat</p>	<p>25 Sheffield–Pancake on a Stick Hot Turkey Sandwich, Mashed Potatoes, Gravy, Corn</p> <p>Rockwell – Cereal &amp; donuts Corn dogs, tator tots, pineapple, rice krispie bar <b>2:00 Dismissal</b></p>	<p><b>NO SCHOOL</b></p>
<p>29 Sheffield – Oatmeal, Toast Chicken Sandwich, Mashed Potatoes, Corn</p> <p>Rockwell –Scrambled eggs, toast, sausage Sloppy Joes/bun, French fries, mixed fruit, peas</p>	<p>30 Sheffield–French Toast Sticks, Sausage Corndog, Fries, Applesauce</p> <p>Rockwell –French toast &amp; ham Beef &amp; cheese nachos, yogurt, cooked carrots, peaches</p>	<p>31 Sheffield – Scrambled Eggs, Ham Fried Chicken, Mashed Potatoes, Corn</p> <p>Rockwell – Breakfast pizza BBQ rib shape, mashed potatoes, applesauce, butter/peanut butter sandwich</p>		<p>ALL MEALS INCLUDE ICE COLD MILK</p>

West Fork

Breakfast/Hot Lunch

March 2010