



HIGHPOINT ACADEMY LUNCH MENU

March, 2010



Monday, 3/1	Tuesday, 3/2	Wednesday, 3/3	Thursday, 3/4	Friday, 3/5
Ground Beef "Picadillo" White rice Black beans Baked plantains Fruit Dessert	Baked Fish Fingers Mashed Potatoes Creamy Corn ½ slice whole wheat bread Vanilla Custard	Fettuccini Alfredo with cheese Garlic rolls Broccoli Low-sugar Pudding	"Arroz con Pollo" Yellow rice w/ Chicken Baked Plantains Low-sugar Cookies	Pizza Day! Fresh Baked Pizza Baked Plantain Chips Low Sugar Arroz c/Leche
Monday, 3/8	Tuesday, 3/9	Wednesday, 3/10	Thursday, 2/11	Friday, 2/12
Shredded Beef "Ropa Vieja" White Rice Baked plantains Warm roll Fruit Dessert	Chicken Patty Sandwich Corn Baked Potato Sticks Low-sugar Brownie	Home-style Baked Ziti w/Beef and Cheese Garden Tossed Salad Garlic Rolls Apple Sauce	Shredded Chicken Yellow Rice Green Pea stew Low-salt crackers Low-sugar Cookies	Pizza Day! Fresh Baked Pizza Baked Plantain Chips Low Sugar Arroz c/Leche
Monday, 3/15	Tuesday, 3/16	Wednesday, 3/17	Thursday, 3/18	Friday, 3/19
Homemade Green Pea Stew with vegetables Yellow Rice ½ slice whole wheat bread Vanilla Custard (Natilla)	Beef cubes with potatoes "Carne con Papas" White Rice Corn Arroz c/Leche	Home-style Spaghetti w/ Meat Sauce Garden Tossed Salad Garlic Rolls Apple Sauce	Baked Chicken Tenders Creamy Mashed Potatoes ½ slice whole wheat bread Vanilla Pudding	Pizza Day! Fresh Baked Pizza Baked Plantain Chips Low Sugar Arroz c/Leche
Monday, 3/22	Tuesday, 3/23	Wednesday, 3/24	Thursday, 3/25	Friday, 3/26
SCHOOL CLOSED. Teacher's Work Day.	Homemade Lentil Stew with vegetables White Rice ½ slice whole wheat bread Low-sugar Brownie	Lasagna with meat Sliced Carrots Garlic Rolls Apple Sauce	"Arroz con Pollo" (Yellow rice w/ Chicken) Baked Plantain chips Corn Low-sugar Cookies	Pizza Day! Fresh Baked Pizza Baked Plantain Chips Low Sugar Arroz c/Leche
Monday, 3/29	Tuesday, 3/30	Wednesday, 3/31		
Ground Beef (Picadillo) White rice Black beans Baked plantains Fruit Dessert	Baked Fish Fingers Mashed Potatoes Creamy Corn ½ slice whole wheat bread Vanilla Custard	Fettuccini Alfredo with cheese Garlic rolls Broccoli Low-sugar Pudding		
			NOTES: Lunch includes MILK (2% reduced fat). All Menus meet or exceed National School Lunch daily requirements. Salads and various sandwich options are available.	