



Pittston Elementary  
School Menu  
March 2010



REMINDER...  
Parents & Grandparents

MARCH IS  
NATIONAL  
SCHOOL  
BREAKFAST  
MONTH !!!  
CHECK WITH  
YOUR  
SCHOOL TO FIND  
OUT  
WHICH WEEK  
THEY ARE  
CELEBRATING....

**BARNYARD MANNERS**



When a rooster finds something good to eat in the course of making his rounds, he will often call his flock over to eat first before he eats. He even has a special call to let the hens know that he has found something tasty. So the next time someone accuses you of having barnyard manners, tell them thanks!

**ANIMAL APPETITES**

**Monday, March 1**

**LUNCH**  
Macaroni & Cheese  
Or  
American Chop Suey  
And  
Fresh Made Wheat Roll  
Carrot Sticks 'w' L/F Dip  
Mixed Fruit  
Calories 616  
Fat 26 %  
Carbohydrates 84.2 grams  
Sat. Fats 13.4 %

**BREAKFAST**  
Breakfast Wrap  
Calories 474  
Fat 25.3 %  
Carbohydrates 69.9 Grams  
Sat. Fats 12 %

**Tuesday, March 2**

**LUNCH**  
Philly Steak Sandwich  
Or  
Chicken Quesadilla  
And  
Oven Baked French Fries  
Ice Juice  
Dr. Suess Birthday Cake  
Calories 812  
Fat 22.7 %  
Carbohydrates 123.7 grams  
Sat. Fats 11.6 %

**BREAKFAST**  
Green Eggs & Ham  
Fresh Made Wheat Toast  
Calories 230 -- Fat 21.3 %  
Carbohydrates 29.2 Grams  
Sat. Fats 7.6 %

**Wed., March 3**

**LUNCH**  
BBQ Ribs on  
Fresh Made Wheat Bun  
Or  
Hamburger on  
Fresh Made Wheat Bun  
And  
Pasta Salad  
Carrot Sticks 'w'  
Fresh Maine Apple  
Calories 674  
Fat 34.3 %  
Carbohydrates 83.3 grams  
Sat. Fats 7.5 %

**BREAKFAST**  
Breakfast Ham Pizza  
Calories 527 -- Fat 26.5 %  
Carbohydrates 72.2 Grams  
Sat. Fats 11.6 %

**Thursday, March 4**

**LUNCH**  
Spaghetti 'w' Meat Sauce  
Or  
Chicken Alfredo on Noodles  
And  
Salad Bar  
Chilled Peaches  
Calories 557  
Fat 19.7 %  
Carbohydrates 77.8 grams  
Sat. Fats 5.2 %

**BREAKFAST**  
Cereal Bar  
Fresh Made Wheat Toast  
Calories 259 -- Fat 11.6 %  
Carbohydrates 45.9 Grams  
Sat. Fats 6 %

**Friday, March 5**

**LUNCH**  
Breaded Fish Patty  
Or  
Breaded Chicken Patty  
And  
Mashed Potatoes & Gravy  
Peas  
Chilled Pears  
Calories 490  
Fat 28.1 %  
Carbohydrates 61.6 grams  
Sat. Fats 4.3 %

**BREAKFAST**  
Cereal Bar  
Fresh Made Wheat Toast  
Calories 259 -- Fat 11.6 %  
Carbohydrates 45.9 Grams  
Sat. Fats 6 %

**Weekly Totals**

**LUNCH**  
Average Target  
Calories 629 664  
Carb. 86.1 gram  
Total Fat 26.1% 30%  
Sat. Fats 8.8 % 10%  
Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day.

**BREAKFAST**  
Average Target  
Calories 455 554  
Carb. 69.2 grams  
Total Fat 21.7 % 30%  
Sat. Fats 9.4% 10%  
Cold Cereal and Fresh Made Wheat Toast is offered as a choice each day. Only White low fat, Lactaid and skim milk And Orange or Apple Juice is served for breakfast

**Word of the Month**  
com·mit·ment  
n. 1. the act of keeping to a promise, charge, or trust 2. an agreement or pledge to do something 3. one's level of dedication to a task

**Brain Tickers**  
What happens when a leprechaun falls into a river on St. Patrick's Day?  
(Hold the page upside down and read it in a mirror for the answer!)  
Lis Stojanovic

**Monday, March 8**

**LUNCH**  
Hot Meatball Sub  
Or  
Turkey Caesar Salad  
Bread Stick  
And  
Corn on the Cob  
Ice Juice  
Calories 648  
Fat 24.9 %  
Carbohydrates 86.1 grams  
Sat. Fats 10.6 %

**BREAKFAST**  
Breakfast Sandwich (Egg, Ham & Cheese on English Muffin)  
Calories 518  
Fat 27.2 %  
Carbohydrates 71.3 Grams  
Sat. Fats 14.3 %

**Tuesday, March 9**

**LUNCH**  
American Chop Suey  
Or  
Chili 'w' Beans & Cheese  
And  
Cornbread  
Carrots Sticks 'w' L/F Dip  
Applesauce  
Calories 595  
Fat 21.2 %  
Carbohydrates 86.9 grams  
Sat. Fats 7.6 %

**BREAKFAST**  
Cheese Omelet  
Fresh Made Wheat Toast  
Calories 374 -- Fat 36.1 %  
Carbohydrates 38.2 Grams  
Sat. Fats 17.7 %

**Wed., March 10**

**LUNCH**  
Turkey & Gravy on Brown Rice  
Or  
Macaroni & Cheese  
And  
Peas  
Fresh Maine Apple  
Calories 555  
Fat 22.3 %  
Carbohydrates 76.8 grams  
Sat. Fats 12.5 %

**BREAKFAST**  
Pancake & Strawberries 'w' Whipped Topping  
Sausage Link  
Calories 431  
Fat 22.1 %  
Carbohydrates 71.1 Grams  
Sat. Fats 9.3 %

**Thursday, March 11**

**LUNCH**  
Sloppy Joe's on Fresh Made Bun  
Or  
Ham & Veggie Wrap  
And  
Oven Baked French Fries  
Chilled Peaches  
Calories 520  
Fat 31.3 %  
Carbohydrates 63.9 grams  
Sat. Fats 12.2 %

**BREAKFAST**  
Cereal Bar  
Fresh Made Wheat Toast  
Calories 259 -- Fat 11.6 %  
Carbohydrates 71.1 Grams  
Sat. Fats 6 %

**Friday, March 12**

**LUNCH**  
Hamburger on  
Fresh Made Wheat Bun  
Or  
Tuna Salad on  
Fresh Made Wheat Bun  
And  
Tomato Soup  
Salad Bar  
Chocolate Chip Cookies  
Calories 986  
Fat 29 %  
Carbohydrates 134.7 grams  
Sat. Fats 10.9 %

**BREAKFAST**  
Scramble Eggs  
Fresh Made Wheat Toast  
Calories 494 -- Fat 27 %  
Carbohydrates 72.5 Grams

**Weekly Totals**

**LUNCH**  
Average Target  
Calories 661 664  
Carb. 89.5 gram  
Total Fat 26.2 % 30%  
Sat. Fats 10.7 % 10%  
Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day.

**BREAKFAST**  
Average Target  
Calories 415 554  
Carb. 59.8 grams  
Total Fat 25.8 % 30%  
Sat. Fats 11.2 % 10%  
Cold Cereal and Fresh Made Wheat Toast is offered as a choice each day. Only White low fat, Lactaid and skim milk And Orange or Apple Juice is served for breakfast

**Monday, March 15****LUNCH**

Pepperoni Pizza on Wheat Crust  
Or  
Cheese Pizza on Wheat Crust  
And  
Corn  
Chilled Peaches  
Calories 774  
Fat 32.9 %  
Carbohydrates 89.4 grams  
Sat. Fats 18.7 %

**BREAKFAST**

French Toast Sticks  
Calories 610 -- Fat 20.8 %  
Carbohydrates 104.6 Grams  
Sat. Fats 8.2 %

**Tuesday, March 16****BREAKFAST FOR LUNCH**

Breakfast Sandwich  
(Egg, Cheese & Sausage on  
English Muffin)  
Or  
Scramble Eggs  
Hot Slice Ham  
And  
Hashed Browns  
Fresh Orange Smiles  
Calories 844  
Fat 37.8 %  
Carbohydrates 95.3 grams  
Sat. Fats 11.3 %

**BREAKFAST**

Scramble Eggs  
Fresh Made Wheat Toast  
Calories 215 -- Fat 23.9 %  
Carbohydrates 27.9 Grams

**Wed., March 17****LUNCH**

St. Patrick Pie  
(Hamburg, Corn and Mashed  
Potatoes)  
Or  
Spaghetti 'w' Meat Sauce  
And  
Veggie Stick's 'w' L/F Dip  
Applesauce  
Calories 590  
Fat 20.5 %  
Carbohydrates 82 grams  
Sat. Fats 6.3 %

**BREAKFAST**

Pancake 'w' Syrup  
Sausage  
Calories 632 -- Fat 40.1 %  
Carbohydrates 69.5 Grams  
Sat. Fats 15.8 %

**Thursday, March 18****LUNCH**

Sunflower Butter & Jelly Sandwich  
On White Bread  
Or  
Ham & Cheese Sandwich on  
Wheat Bread  
And  
Chicken Noodle Soup  
Peas  
Pudding  
Calories 564  
Fat 18.3 %  
Carbohydrates 79.5 grams  
Sat. Fats 7.5 %

**BREAKFAST**

Cereal Bar  
Fresh Made Wheat Toast  
Calories 259 -- Fat 11.6 %  
Carbohydrates 45.9 Grams

**Friday, March 19****LUNCH**

Fish Nuggets  
Or  
Dog Gone Chick'n  
Sub Sandwich  
And  
Pasta Salad  
Ice Juice  
Calories 848  
Fat 20.2 %  
Carbohydrates 74.7 grams  
Sat. Fats 5.5 %

**BREAKFAST**

Yogurt Cereal Bar  
Calories 413  
Fat 20.2 %  
Carbohydrates 67.6 Grams  
Sat. Fats 10 %

**Weekly Totals****LUNCH**

Average	Target
Calories 657	664
Carb. 83.8 gram	
Total Fat 29.1 %	30 %
Sat. Fats 10.5 %	10 %

Low Fat White, Chocolate, Lactaid & Skim  
Milk is served with Lunch each day.

**BREAKFAST**

Average	Target
Calories 426	554
Carb. 63.1 grams	
Total Fat 25.6 %	30 %
Sat. Fats 10.8 %	10 %

Cold Cereal and  
Fresh Made Wheat Toast is offered  
as a choice each day.  
Only White low fat, Lactaid and skim milk  
And Orange or Apple Juice  
is served for breakfast

**MARCH BIRTHDAYS**

Dr. Seuss (Ted Geisel) -- Mar. 2  
Elizabeth Barrett Browning -- Mar. 6  
Olesya Rulin (22) -- Mar. 17  
Keira Knightley (23) -- March 26  
Vincent Van Gogh -- Mar. 30  
Cesar Chavez -- Mar. 31

**Monday, March 22****LUNCH**

Fresh Made Beef Stew  
Or  
Stuffed Shells 'w' Sauce & Cheese  
And  
Peas  
Mixed Fruit  
Calories 460  
Fat 19 %  
Carbohydrates 63.2 grams  
Sat. Fats 6.4 %

**BREAKFAST**  
Pancakes 'w' Syrup  
Hot Ham  
Calories 437  
Fat 21.8 %  
Carb. 69.6 Grams  
Sat. Fats 9.8 %

**Tuesday, March 23****LUNCH**

Turkey & Stuffing 'w' Gravy  
Or  
Pizza Burger on  
Fresh Made Wheat Roll  
And  
Brown Rice  
Peas  
Applesauce  
Calories 613  
Fat 21.7 %  
Carbohydrates 86.3 grams  
Sat. Fats 9.8 %

**BREAKFAST**  
Scramble Eggs  
Fresh Made Wheat Toast  
Calories 273 -- Fat 30.7 %  
Carbohydrates 30.9 Grams  
Sat. Fats 13.3 %

**Wed., March 24****LUNCH**

Spaghetti 'w' Meat Sauce  
Or  
Crunch A Lunch # 5  
And  
Salad Bar  
Fresh Maine Apple  
Calories 804  
Fat 23 %  
Carbohydrates 86.3 grams  
Sat. Fats 9.8 %

**BREAKFAST**  
Plain Bagel 'w'  
Sunflower Butter  
Calories 840 -- Fat 41.7 %  
Carbohydrates 107.2 Grams  
Sat. Fats 8 %

**Crunch A Lunch #5**

2~1 oz. Mozzarella  
Sticks

Fresh Broccoli  
'w' l/f Dip

Soft Wheat Pretzels  
Yogurt

**Thursday, March 25****LUNCH**

BBQ Ribs on  
Fresh Made Wheat Bun  
Or  
Hamburger on  
Fresh Made Wheat Roll  
And  
Peas  
Chilled Peas  
Brownie  
Calories 752  
Fat 31.7 %  
Carbohydrates 99.1 grams  
Sat. Fats 7.5 %

**BREAKFAST**  
Cereal Bar  
Fresh Made Wheat Toast  
Calories 259 -- Fat 11.6 %  
Carbohydrates 45.9 Grams  
Sat. Fats 6 %

**Friday, March 26****LUNCH**

American Chop Suey  
Or  
Tuna Noodle Casserole  
And  
Salad Bar  
Chilled Peaches  
Calories 457  
Fat 16.3 %  
Carbohydrates 66.7 grams  
Sat. Fats 6.8 %

**BREAKFAST**  
Cereal Bar  
Fresh Made French Toast  
Calories 521  
Fat 24.5 %  
Carbohydrates 77.2 Grams  
Sat. Fats 12.4 %

**Weekly Totals****LUNCH**

Average	Target
Calories 617	664
Carb. 86.6 gram	
Total Fat 23.3 %	30 %
Sat. Fats 8 %	10 %

Low Fat White, Chocolate, Lactaid & Skim  
Milk is served with Lunch each day.

**BREAKFAST**

Average	Target
Calories 466	554
Carb. 66.2 grams	
Total Fat 29.5 %	30 %
Sat. Fats 9.7 %	10 %

Cold Cereal and  
Fresh Made Wheat Toast is offered  
as a choice each day.  
Only White low fat, Lactaid and skim milk  
And Orange or Apple Juice  
is served for breakfast

**Monday, March 29****LUNCH**

Mexican Pizza on Wheat Crust  
Or  
Philly Steak Sandwich  
And  
Pasta Salad  
Chilled Peaches  
Calories 503  
Fat 23.3 %  
Carbohydrates 64 grams  
Sat. Fats 9.4 %

**BREAKFAST**  
Breakfast Sandwich  
(Egg, Sausage & Cheese on  
English Muffin)  
Calories 642 -- Fat 35.5 %  
Carbohydrates 75.4 Grams  
Sat. Fats 16.6 %

**Tuesday, March 30****LUNCH**

BBQ Ribs  
on Fresh Made Wheat Bun  
Or  
Chicken Caesar Salad  
Bosco Cheese Stick  
And  
Corn on the Cob  
Chilled Peas  
Calories 694  
Fat 31 %  
Carbohydrates 93.5 grams  
Sat. Fats 6.3 %

**BREAKFAST**  
French Toast Sticks  
Calories 623  
Fat 20.9 %  
Carbohydrates 105.8 Grams  
Sat. Fats 9.5 %

**Wed., March 31****LUNCH**

Baked Lasagna Roll-Ups  
Or  
Macaroni & Cheese  
And  
Salad Bar  
Pumpkin Chocolate Cake  
Calories 729  
Fat 28.3 %  
Carbohydrates 105.9 grams  
Sat. Fats 16.3 %

**BREAKFAST**  
Breakfast Burrito  
Calories 556  
Fat 20.8 %  
Carbohydrates 88.3 Grams  
S. Fats 9 %

**Thursday, April 1****APRIL FOOLS DAY LUNCH**

Hot Ham 'w' Pineapple  
Or  
Turkey & Gravy  
And  
Mashed Potatoes  
Fresh Made Hot Cross Buns  
Peas  
Chilled Peas  
Calories 852  
Fat 15 %  
Carbohydrates 143 grams  
Sat. Fats 6 %

**BREAKFAST**

Cereal Bar  
Fresh Made Wheat Toast  
Calories 259 -- Fat 11.6 %  
Carbohydrates 45.9 Grams

**Friday, April 2****GOOD FRIDAY LUNCH**

Cheese Pizza on Wheat Crust  
Or  
Fish & Cheese Sandwich  
And  
French Fries  
Salad Bar  
Fresh Maine Apple  
Calories 719  
Fat 29.6 %  
Carbohydrates 88.1 grams  
Sat. Fats 15.4 %

**BREAKFAST**

Calories 259 -- Fat 11.6 %  
Carbohydrates 45.9 Grams  
Sat. Fats 6 %

**Weekly Totals****LUNCH**

Average	Target
Calories 700	664
Carb. 99 gram	
Total Fat 25.1 %	30 %
Sat. Fats 10.6 %	10 %

Low Fat White, Chocolate, Lactaid & Skim  
Milk is served with Lunch each day.

**BREAKFAST**

Average	Target
Calories 479	554
Carb. 71.4 grams	
Total Fat 24.5 %	30 %
Sat. Fats 11 %	10 %

Cold Cereal and  
Fresh Made Wheat Toast is offered  
as a choice each day.  
Only White low fat, Lactaid and skim milk  
And Orange or Apple Juice  
is served for breakfast

**MEAL PRICES**

Snack Choices  
Milk \$ .50,  
Fresh Fruit \$.50 and  
8 oz. Water \$.75  
Lunch \$2.00  
Breakfast \$1.25  
Milk 8 oz. (all flavors)  
Only  
At Breakfast  
Milk (1/2 and Skim White)  
Juice (Apple/Orange)  
Go-For-It  
Pay on Line  
Set up your own student  
account  
At  
Nutrikids.com