



# RiverView Community School Menu

## March 2010

REMEMBER SALAD BAR IS A CHOICE EACH DAY FOR MAIN ENTRÉE.....



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. We 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**  
Hamburger on Fresh Made Wheat Bun  
And Pasta Salad Peas  
Applesauce  
Calories 664  
Fat 29.9 %  
Carbohydrates 83.3 grams  
Sat. Fats 10.8 %

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

**Tuesday, March 2**

**LUNCH**  
Roast Pork & Gravy  
And Brown Rice  
Corn  
Mixed Fruit  
Dr. Suess Birthday Cake  
Calories 694  
Fat 21.3 %  
Carbohydrates 102 grams  
Sat. Fats 8.1 %

**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  
And Cole Slaw  
Fresh Maine Apple  
Calories 717  
Fat 42.2 %  
Carbohydrates 84.1 grams  
Sat. Fats 4 %

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

**Thursday, March 4**

**LUNCH**  
Chicken Alfredo on Noodles  
And Green Beans  
Chilled Peaches  
Calories 566  
Fat 27.9 %  
Carbohydrates 70 grams  
Sat. Fats 5.6 %

**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 Nuggets  
And Oven Baked French Fries  
Ice Juice  
Calories 481  
Fat 25.5 %  
Carbohydrates 65.8 grams  
Sat. Fats 8.3 %

**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 624	664
Carb. 81.1 gram	
Total Fat 29.8%	30%
Sat. Fats 7.3 %	10%

Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day. Salad Bar is a Choice each day for Main Entrée....

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

**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 Ticklers**

What happens when a leprechaun falls into a river on St. Patrick's Day?

(Fold the page upside down and read it in a mirror for the answer!)

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**Monday, March 8**

**LUNCH**  
Hot Turkey Sandwich  
And Bread Stuffing  
Peas  
Jell-O  
Calories 695  
Fat 15.7 %  
Carbohydrates 105.5 grams  
Sat. Fats 5.4 %

**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**  
Baked Lasagna  
And Fresh Made Italian Bread  
Corn  
Mixed Fruit  
Calories 667  
Fat 21 %  
Carbohydrates 99.8 grams  
Sat. Fats 7.5 %

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

**Wed., March 10**

**LUNCH**  
Baked Beans  
Franks  
And Fresh Made Wheat Rolls  
Cole Slaw  
Chocolate Chip Cake  
Calories 879  
Fat 35.4 %  
Carbohydrates 114.7 grams  
Sat. Fats 6.1 %

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

**Thursday, March 11**

**BREAKFAST FOR LUNCH**  
Scramble Eggs  
And Blueberry Muffin  
Hashed Browns  
Fresh Orange Smiles  
Calories 814  
Fat 38.5 %  
Carbohydrates 92.9 grams  
Sat. Fats 8.2 %

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

**Friday, March 12**

**LUNCH**  
Fish & Cheese on Fresh Made Wheat Bun  
And Noodle & Tomatoes  
Green Beans  
Ice Juice  
Calories 745  
Fat 22.9 %  
Carbohydrates 108.2 grams  
Sat. Fats 6.5 %

**BREAKFAST**  
Scramble Eggs  
Fresh Made Wheat Toast  
Calories 494 --- Fat 27 %  
Carbohydrates 72.5 Grams  
Sat. Fats 7.3 %

**Weekly Totals**

LUNCH	
Average	Target
Calories 760	664
Carb. 104.2 gram	
Total Fat 27.5 %	30%
Sat. Fats 6.8 %	10%

Low Fat White, Chocolate, Lactaid & Skim Milk is served with Lunch each day. Salad Bar is a Choice each day for Main Entrée....

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**

Hot Chicken Fajita Sub  
And  
Brown Rice  
Green Beans  
Chilled Peaches  
Calories 532  
Fat 20.2 %  
Carbohydrates 77.8 grams  
Sat. Fats 6 %

**BREAKFAST**

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

**Tuesday, March 16****LUNCH**

Spaghetti 'w' Meat Sauce  
And  
Fresh Made Italian Bread  
Broccoli 'w' Cheese Sauce  
Fresh Maine Apple  
Calories 542  
Fat 18.6 %  
Carbohydrates 90 grams  
Sat. Fats 7.9 %

**BREAKFAST**

Scramble Eggs  
Fresh Made Wheat Toast  
Calories 215 -- Fat 23.9 %  
Carbohydrates 27.9 Grams  
Sat. Fats 11.1 %

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

St. Patrick Pie  
(Hamburg, Corn and Mashed  
Potatoes)  
And  
Fresh Made Wheat Bun  
Mixed Fruit  
Calories 680  
Fat 36.2 %  
Carbohydrates 79.9grams  
Sat. Fats 8 %

**BREAKFAST**

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

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

Sloppy Joes  
On White Bread  
And  
Oven Baked French Fries  
Low Fat Yogurt  
Calories 711  
Fat 29.6 %  
Carbohydrates 91.7 grams  
Sat. Fats 9.4 %

**BREAKFAST**

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

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

Cheese Pizza  
on Wheat Crust  
And  
Carrots  
Applesauce  
Calories 543  
Fat 33.6 %  
Carbohydrates 68.3 grams  
Sat. Fats 12.7 %

**BREAKFAST**

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

**Weekly Totals****LUNCH**

Average	Target
Calories 602	664
Carb. 81.5 gram	
Total Fat 28.2 %	30%
Sat. Fats 6.8 %	10%

Low Fat White, Chocolate, Lactaid & Skim  
Milk is served with Lunch each day.  
Salad Bar is a Choice each day  
for Main Entrée....

**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

**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**

BBQ Ribs  
on Fresh Wheat Bun  
And  
Corn  
Pudding  
Calories 816  
Fat 36.2 %  
Carbohydrates 107.9 grams  
Sat. Fats 4.2 %

**BREAKFAST**

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

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

Hot Turkey Sub  
And  
Green Beans  
Applesauce  
Calories 782  
Fat 25.5 %  
Carbohydrates 108.3 grams  
Sat. Fats 8.6 %

**BREAKFAST**

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

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

Crunch A Lunch # 5  
Calories 910  
Fat 31.7 %  
Carbohydrates 123.3 grams  
Sat. Fats 8.7 %

**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**

Pizza Burger on  
Fresh Made Wheat Roll  
And  
French Fries  
Chilled Pears  
Ice Juice  
Calories 768  
Fat 32.3 %  
Carbohydrates 98.6 grams  
Sat. Fats 8.4 %

**BREAKFAST**

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

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

Tuna Italian Sandwich  
And  
Minestrone Soup  
Applesauce  
Brownie  
Calories 847  
Fat 23.7 %  
Carbohydrates 130.7 grams  
Sat. Fats 8.6 %

**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 825	664
Carb. 113.7 gram	
Total Fat 29.9 %	30%
Sat. Fats 7.7 %	10%

Low Fat White, Chocolate, Lactaid & Skim  
Milk is served with Lunch each day.  
Salad Bar is a Choice each day  
for Main Entrée....

**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  
And  
Corn  
Chilled Peaches  
Calories 508  
Fat 33.8 %  
Carbohydrates 54.8 grams  
Sat. Fats 9.2 %

**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**

Hot Dog 'w' Roll  
And  
Oven Baked French Fries  
Chilled Pears  
Calories 602  
Fat 38.3 %  
Carbohydrates 72.9 grams  
Sat. Fats 12.5 %

**BREAKFAST**

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

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

Ham Breakfast Pizza  
And  
Hashed Brown  
Fresh Orange Smiles  
Calories 702  
Fat 36.1 %  
Carbohydrates 82.9 grams  
Sat. Fats 6.6 %

**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  
And  
Mashed Potatoes  
Fresh Made Hot Cross Buns  
Peas  
Jell-O  
Calories 791  
Fat 21.8 %  
Carbohydrates 123.3 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, April 2****GOOD FRIDAY LUNCH**

Tuna Noodle Casserole  
And  
Fresh Made Wheat Bun  
Green Beans  
Applesauce  
Calories 537  
Fat 16.8 %  
Carbohydrates 79.9 grams  
Sat. Fats 7 %

**BREAKFAST**

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

**Weekly Totals****LUNCH**

Average	Target
Calories 628	664
Carb. 82.8 gram	
Total Fat 29.3 %	30%
Sat. Fats 7.9 %	10%

Low Fat White, Chocolate, Lactaid & Skim  
Milk is served with Lunch each day.  
Salad Bar is a Choice each day  
for Main Entrée....

**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  
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