





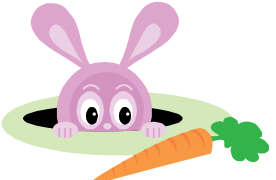


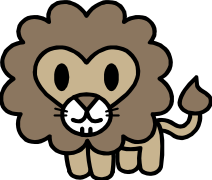



CHEYENNE WELLS SCHOOL
MARCH 2010 BREAKFAST MENU
(SUBJECT TO CHANGE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Hash-browns Sausage Cereal Toast Juice Milk	2 Sausage Egg Cheese Muffin Cereal Toast Juice Milk	3 Breakfast Burrito Cereal Toast Juice Milk	4 Assorted Muffins Cereal Toast Juice Milk	5 Pancakes Cereal Toast Juice Milk
8 Scrambled Eggs w/ Ham Cereal Toast Juice Milk	9 French Toast w. Syrup Cereal Toast Juice Milk	10 Cherry Turnover Cereal Toast Juice Milk	11 Sausage Gravy over Biscuit Cereal Toast Juice Milk	12 Waffles w/Strawberries and Whip Topping or Syrup Cereal Toast Juice Milk
15 Spring Break 	16	17 	18	19 Spring Break 
22 Banana or Blueberry Muffin Cereal Toast Juice Milk	23 Breakfast Pizza Cereal Toast Juice Milk	24 Sausage Egg Cheese Muffin Cereal Toast Juice Milk	25 Pancakes W/ Syrup Cereal Toast Juice Milk	26 Waffles w/ Strawberries or Syrup Cereal Toast Juice Milk
29 French Toast w/ Syrup Cereal Toast Juice Milk	30 Scrambled Eggs w/ Ham Cereal Toast Juice Milk	31 Sausage Gravy over Biscuit Cereal Toast Juice Milk		

CHEYENNE WELLS SCHOOL
MARCH 2010 LUNCH MENU
(SUBJECT TO CHANGE)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Fajita Veggies Spanish Rice Corn Fruit Milk	2 BBQ Pork on Bun Baked Beans Potato Chip Fruit Milk	3 Lasagna Lettuce Salad Green Beans Garlic Bread Milk	4 Turkey Mashed Potatoes Stuffing Hot Roll California Blend Vegetable Cheesecake Milk	5 Super Nachos Lettuce Salad Fruit Cinnamon Bread Milk
8 Chicken Enchilada Spanish Rice Corn Fruit Milk	9 Roast Beef Mashed Potatoes/ Gravy Green Beans/ Carrots Hot Roll Apple Crisp Milk	10 Pizza Lettuce Salad Fruit Milk	11 Flour Tortilla Tostado Refried Beans Lettuce/ Cheese Fruit Milk	12 Ham or Fish Macaroni and Cheese Peas Lettuce Salad Strawberry Shortcake Milk
15 Spring Break 13 th -21 st 	16 	17  Carrots are a great source of Vitamin A.	18 	19  Have a Fun and Safe Break! See you on Monday!
22 Bacon Cheeseburgers French Fries' Fruit Milk	23 Chicken and Noodles Mashed Potatoes Green Beans Hot Roll Apple Crisp Milk	24 Pig in Blanket or Bierock Potato Chips Baked Beans Fruit Milk	25 Smothered Burrito Lettuce/Cheese Spanish Rice Fruit Milk	26 Turkey Wrap Lettuce Salad Fruit Chocolate Cupcake Milk
29 Frito Pie Lettuce/Cheese Fruit Cinnamon Bread Milk	30 BBQ Chicken Breast Baked Potato California Blend Vegetable Banana or Blueberry Muffin Pineapple Milk	31 Pork Roast Mashed Potatoes/gravy Peas / Carrots Hot Roll Cheesecake Milk	MARCH  In like a Lion!	 Out like a Lamb.