

Wah Mei School Monthly Menu

March-2010

*milk and seasonal fruit served every meal

	Monday	Tuesday	Wednesday	Thursday	Friday
	<i>3/1</i>	<i>3/2</i>	<i>3/3</i>	<i>3/4</i>	<i>3/5</i>
AM BK	Oatmeal / Raisins	Waffle	Pancakes	Cinnamon Toast	Cereal
Lunch	Hot Dog (Turkey Hot Dog ,Buns)	Ham Sandwich (Ham,Cheese, Lettuce)	Pasta /Cheese (Broccoli/Cheese/Ham)	Turkey over Rice (Turkey, Tomato)	Spaghetti & Meatballs (Beef,Tomato,Onion,Carrot)
	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Milk & Fruit
PMSNK	Ritz Crackers	Wafers Cookies,Milk,Fruit	Honey Graham	Animal shape crackers	Crackers Mix
	<i>3/8</i>	<i>3/9</i>	<i>3/10</i>	<i>3/11</i>	<i>3/12</i>
AM BK	Bagel	Pancake	Oatmeal / Raisins	Waffle	Cereal
Lunch	Fillet-O-Fish (Fish Sticks, Carrot Sticks)	Ma-Po To-fu / Rice (Pork,Tofu,Carrot)	Fried Noodle (Pork, Cabbage, Carrot)	Beef & Tomato / Rice (Beef, Tomato, Rice)	Macaroni & Cheese (Ham, Cheese, Green Peas)
	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
PMSNK	Cinnamon Toast	Wheat thins	Alphabet Crackers	Club Crackers	Chips & Salsa Dips
	<i>3/15</i>	<i>3/16</i>	<i>3/17</i>	<i>3/18</i>	<i>3/19</i>
AM BK	Pancake	Bagel	Cereal	Waffle	Bagel
Lunch	Pizza (Salami,Cheese,Carrot)	Teriyaki Chicken/ Rice (Chicken, Zucchini,Tomatoes)	Sea Shells/ Mushroom Soup (Ham,Cheese,Green Peas)	BBQ Pork Over Rice (Pork, Cabbage, Rice)	Spaghetti & Meatballs (Beef,Tomato,Onion,Carrot)
	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk
PMSNK	Wafers Cookies,Milk,Fruit	Club Crackers	Ritz Crackers	Gold Fish Crackers	Honey Graham
	<i>3/22</i>	<i>3/23</i>	<i>3/24</i>	<i>3/25</i>	<i>3/26</i>
AM BK	Strawberry Toast	Cereal	Waffle	Bagel	Pancakes
Lunch	Potato Salad,Chicken Nugget (Potato,Eggs,Ham, Bread)	Elbow Macaroni (Ham,Cheese,GreenPeas)	Drumstick (Carrot sticks,Bread)	Fried Egg Tomato/ Rice (Egg, Pork, Rice)	Pasta /Cheese (Broccoli/Cheese/Ham)
	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk	Milk & Fruit	Fresh Fruit & Milk
PMSNK	Club Crackers	Chips & Salsa Dips	Cinnamon Toast	Wafers Cookies	Honey Graham
	<i>3/29</i>	<i>3/30</i>	<i>3/31</i>		
AM BK	Oatmeal / Raisins	Waffle	Bagel		
Lunch	Hot Dog (Turkey Hot Dog ,Buns)	BBQ Pork Over Rice (Pork, Cabbage, Rice)	Creamy Chicken Noodle (Chicken,Corn,Green Peas)		
	Fresh Fruit & Milk	Fresh Fruit & Milk	Fresh Fruit & Milk		
PMSNK	Ritz Crackers	French Toast Sticks	Gold Fish Crackers		

