



MARCH 2015



Nottingham Breakfast & Lunch Menus

CHEF MANNY PANDA'S NUTRITION FACTS



Food and Nutrition Services Director:
Althea Albert-Santiago, 314-345-4519;
Director of Dining Services:
Mike Butler, 314-381-4155
**SFE Associate Director of Nutrition
Operations:** Megan Fraley, 314-381-4155



March Promotions!

March is **National Breakfast week** (March 2-6th) and **National Nutrition Month!**

When it comes to succeeding in school, one of the best places to start is a healthy **breakfast**. Research shows that students who start their day off with a balanced **breakfast** have better ability to focus and thrive. One study showed that students who eat breakfast score 17.5% higher on a standardized math test (Share Our Strength's No Kid Hungry).

As part of this promotion look for the word scramble that will be offered on Tuesday the 3rd. There will also be a **Sausage Croissant Sandwich as a new breakfast item** on the menu on **Friday, March 6th**.



PUTTING CHILD NUTRITION FIRST!

Due to our constant pursuit of excellence SFE will enhance our menus through students' feedback, surveys, parent meetings, recipe development and market trends.



Nottingham Breakfast

Fresh Fruit and Juice Bar Served Daily!

March 2015



Monday	Tuesday	Wednesday	Thursday	Friday
2- Egg & Potato Breakfast Burrito w/salsa Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Mandarin Oranges	3-Blueberry Muffin (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Diced Pears	4- Cinnamon French Toast w/ syrup (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	5- Oatmeal (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	6- Sausage Croissant Sandwich Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Fresh Banana
9- Apple Frudel (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Diced Pears	10- Egg & Sausage Taco Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Applesauce	11- Banana Loaf (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	12- Pancakes & Sausage w/ syrup cup Assorted Low Sugar Cereal WG (v) WG Toast and Margarine Jelly Apple Juice, Sliced Peaches	13- No School
16- Spring Break	17- Spring Break	18- Spring Break	19- Spring Break	20-Spring Break
23- Egg, Sausage, & Cheese Biscuit Sandwich Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Sliced Peaches	24- Mini Blueberry Pancakes w/Syrup (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Grape Juice, Pineapple Tidbits	25- Waffles w/ syrup (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Fresh Banana	26-Pineapple & Vanilla Yogurt Parfait (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Apple Juice, Diced Pears	27- Breakfast on a Stick w/syrup Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Pineapple Tidbits
30-Colby Cheese Omelet w/ Salsa (v) Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Hash Brown Potato Patty Apple Juice, Fresh Oranges	31-Ham, Egg, & Cheese Quesadilla w/ Salsa Assorted Low Sugar Cereal WG (v) WG Toast and Margarine/Jelly Orange Juice, Fresh Banana			

Milk
Reduced Fat Milk Variety
Offered Daily

Food and Nutrition Service; Director: Althea Albert-Santiago, 314-345-4519; Director of Dining Services; Mike Butler, 314-381-4155

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Elementary Menu Meal Prices

Menu is subject to change
SLPS is a pork-free district
All recipes made with whole grains
Vegetarian items (v)

Second Lunch Meal \$1.35	Second Breakfast Meal \$1.35	
Staff/Adult Lunch \$2.50	Staff/Adult Breakfast..... \$2.25	Milk \$0.40

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Nottingham Lunch

Fresh Fruit and Vegetable Bar Served Daily!



Monday

Tuesday

Wednesday

Thursday

Friday

2-Cheeseburger
Ham & Cheese Sandwich
Chef Salad w/ Roll
Seasoned Potato Wedges
Carnival Cookie

3- Beef Nachos
Chef Salad w/ Roll
Turkey & Cheese Sub
Broccoli w/ Cheese Sauce

4-Sun Butter & Jelly Sandwich (V)
Fish Patty SW
Chef Salad w/ Roll
5 Way Mixed Vegetables

5- Salisbury Steak w/ Rice & Roll
Turkey & Cheese Sandwich
Chef Salad w/ Roll
Cooked Crinkle Cut Carrots

6- Cheese Pizza (V)
Pepperoni Pizza
Chef Salad w/ Roll
Green Beans

9- Meatloaf w/ Roll & Rice
Sun Butter & Jelly Sandwich (V)
Chef Salad w/ Roll
Broccoli Florets

10- Grilled Cheese
Pretzel Bun Turkey & Cheese
Sandwich
Chef Salad w/ Roll
Crinkle Cut Sweet Potato Fries
Chocolate Pudding

11- Country Fried Steak w/ Roll
Chef Salad w/ Roll
Ham, Turkey, & Cheese Sandwich
Green Peas

12- Spaghetti w/ Meatsauce &
Breadstick
Turkey Sandwich
Chef Salad w/ Roll
Crinkle Cut Carrots

13- No School

16- Spring Break

17- Spring Break

18- Spring Break

19-Spring Break

20- Spring Break

23- Pasta Primavera w/ Chicken
& Breadstick
Chef Salad w/ Roll
Ham, Turkey & Cheese Sandwich
Cooked Crinkle Cut Carrots

24- Meatloaf w/Roll & Rice
Sun Butter & Jelly
Sandwich (V)
Chef Salad w/ Roll
Green Beans

25- Turkey & Cheese Sandwich
Chef Salad w/ Roll
Chicken Nuggets w/ Roll
Mashed Potatoes

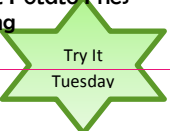
26- Turkey Sandwich
Beef Nachos
Chef Salad w/ Roll
Broccoli w/ Cheese Sauce

27- Chef Salad w/ Roll
Cheese Pizza (V)
Ham & Cheese Pizza
Green Beans

30- Meatloaf w/ Roll & Rice
Sun Butter&Jelly Sandwich (V)
Chef Salad w/ Roll
Broccoli Florets

31- Turkey Corn Dog
Ham & Cheese Sub
Chef Salad w/ Roll
Sweet Potato Fries

Menu Subject to Change.



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