



# Marshall Schools Fruit & Vegetable Bar



**March  
2010**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>PEANUT BUTTER LOVER'S DAY</b> Tomato Slices Shredded Lettuce Celery sticks Red Apple Pineapple Tidbits	2 Coleslaw Baby Carrots Broccoli Florets Cantaloupe Mandarin Oranges	3 <b>PEACH BLOSSOM DAY</b> Diced Tomatoes Shredded Lettuce Diced onions & black olives Banana Sliced Peaches	4 Sliced Cucumbers Radishes Baby Carrots Fresh Pineapple Chunks Mixed Fruit	5 Lettuce Cauliflower Pea Pods Strawberries Applesauce
8 Tomato Slices Shredded Lettuce Baby Carrots Kiwi Sliced Pears	9 Cucumber Salad Cauliflower Broccoli Red & Green Grapes Pineapple Tidbits	10 Red & Green Pepper Slices Baby Carrots Pea Pods Fresh Grapefruit Applesauce	11 <b>JOHNNY APPLESEED DAY</b> Marinated Vegetable Salad Celery Sticks Radishes Red Apple Slices Mandarin Oranges	12 Cole Slaw Lemon Wedges Broccoli Florets Banana Mixed Fruit
15 Tossed Lettuce Salad Red & Green Pepper Slices Cauliflower Orange Wedges Sliced Pears	16 Italian Salad Baby Carrots Radishes Red & Green Grapes Sliced Peaches	17 <b>ST. PATRICK'S DAY</b> Sliced Cucumbers Celery Sticks Baby Carrots Fresh Mixed Fruit Applesauce	18 Sliced Tomatoes Shredded Lettuce Pea Pods Strawberries Pineapple Tidbits	19 Marinated Vegetable Salad Baby Carrots Cauliflower Apple Mandarin Oranges
22 Italian Tossed Salad Baby Carrots Celery Sticks Orange slices Applesauce	23 <b>NATIONAL CHIP &amp; DIP DAY</b> Red & Green Pepper Slices Diced Tomatoes Diced Onions & Black Olives Fresh Pineapple Mixed Fruit	24 Baby Carrots Celery Sticks Radishes Apple Orange	25 <b>PECAN DAY</b> Italian Tossed Salad Cauliflower Pea Pods Banana Pear Slices	26 Tossed Lettuce Salad Lemon Wedges Radishes Oranges Diced Peaches
29 Cucumber Slices Baby Carrots Broccoli Apple Mixed Fruit	30 Italian Pasta Salad Cauliflower Celery Sticks Red & Green Grapes Sliced Peaches	31 Shredded Lettuce Diced Tomatoes Diced Onion & Black Olives Banana Applesauce	 <p>Fresh vegetables plus fresh and canned fruits are available daily with lunch from the Fruit &amp; Vegetable Bar.</p>	
<b>NATIONAL NUTRITION MONTH</b>				
<div style="border: 2px solid green; padding: 10px; display: inline-block;"> <p style="margin: 0;"><b>MARCH</b></p> <p style="margin: 0;"><b>HARVEST OF THE MONTH</b></p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">  <p>Pineapple</p> </div> <div style="text-align: center;">  <p>Potato</p> </div> </div> </div>				

Prepared From Scratch

Contains Pork

Vegetarian Entrée

Harvest of the Month

**NEW**

We Offer Fresh Fruit & Vegetable Daily. Each school has a fruit & vegetable bar during the lunch period. This menu will help you see what is offered for that particular day. Please feel free to come eat with your child and observe the fruit and vegetables offered

*Free & Reduced-meal forms can be obtained from all building offices at any time throughout the school year.*



**MILK**

The average American drinks 25 gallons of milk per year. Did you know that about 88% of all milk is water and only about 12% is solid substance that has nutritional value?

**BREAKFAST/LUNCH PRICES**

Elementary	\$1.15/\$1.95
Secondary	\$1.15/\$2.05
Reduced	\$0.00/\$0.40
Additional Milk	\$0.40
Adult Lunch	\$3.40



To check the balance in your account or for additional information, contact:

Lori Fruin, FSD  
507-929-2660

[lori.fruin@marshall.k12.mn.us](mailto:lori.fruin@marshall.k12.mn.us)

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*Milk Choice of 1%, Skim and Chocolate Skim is included with Lunch*