

March 2010

Dickson County Schools

Monday

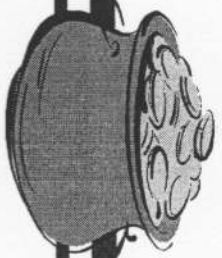
Tuesday

Wednesday

Thursday

Friday

1 Hamburger Chicken Patty Fries Bun Trimmings Baked Beans Fruit Milk	2 Spaghetti & Meat Sauce Chicken Fingers Corn Carrots Fruit Breadsticks Milk	3 Corndog Pizza Fruit Tossed Salad Corn on Cob Milk	4 PB&J Turkey Ham Trimmings Bun Pork n Beans Chips Fruit Milk	5 Vegetable Soup Grilled Cheese Crackers Veggie Sticks Fruit Milk
8 Hamburger Chicken Patty Fries Bun Trimmings Baked Beans Fruit Milk	9 Tacos Nachos Corn Spanish Rice Pinto Beans Fruit Shells Lett, Tom, Onion Milk	10 Corndog Pizza Fruit Tossed Salad Corn on Cob Milk	11 Breakfast for Lunch	12 Sack Lunch Milk 1/2 day
15 Hamburger Chicken Patty Fries Bun Trimmings Baked Beans Fruit Milk	16 Meatloaf Chicken Green Peas Mac & Cheese Colelaw Roll Fruit Milk	17 Corndog Pizza Fruit Tossed Salad Corn on Cob Milk	18 Steak & Gravy Chicken Nuggets Green Beans Creamed Potatoes Colelaw Roll Fruit Milk	19 Chili PB&J Baked Potato Cheese Veggie Sticks Crackers Fruit Milk
22 Hamburger Chicken Patty Fries Bun Trimmings Baked Beans Fruit Milk	23 Ham Chicken Corn Carrots Roll Colelaw Fruit Milk	24 Corndog Pizza Fruit Tossed Salad Corn on Cob Milk	25 Turkey & Gravy Steak & Gravy Creamed Potatoes Colelaw Roll Fruit Milk	26 Turkey Ham Pork n Beans Chips Trimmings Fruit Bun Milk
29 Hamburger Chicken Patty Fries Bun Trimmings Baked Beans Fruit Milk	30 Beef Bites Chicken Fajita Pinto Beans Corn Rice Shells Fruit Lett Tom Onion Milk	31 Corndog Pizza Fruit Tossed Salad Corn on Cob Milk	USDA Non-discrimination Statement: In accordance with Federal law and U. S. Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call 800-795-3272 or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.	



Eating Healthy

Eat plenty of fruits, vegetables, grains, and legumes—foods high in complex carbohydrates, fiber, vitamins, and minerals, low in fat, and free of cholesterol. Try to get fresh, local produce

Drink more water. Our bodies are about 75% water. It is a vital part of a healthy diet. Water helps flush our systems, especially the kidneys and bladder, of waste products and toxins. A majority of Americans go through life dehydrated.

