

Ogden Preparatory Academy  
 March 2010 Lunch Menu  
[www.ogdenprep.org](http://www.ogdenprep.org)  
 801-627-3066 MOPA  
 801-627-2066 OPA  
 Menu Subject to Change

<u>Available Daily</u>
We offer the following daily lunch choice along with the main entrée.
* Peanut Butter & Jelly Sandwich
* Fresh Fruit/Yogurt
* Fresh Vegetables & Salad



<u>Important Dates</u>
3rd - Newsletters Emailed
4th - Cyber Safety 6:00 PM
5th - Minimum Day
12th - 3rd Quarter begins
17th - Report Cards Home
18th - PTC 1:00 - 8:00 PM
19th - PTC 8:00 AM - 12:00 PM

Mon 03/01
<b><u>Breakfast</u></b>
Danish
Fruit
Milk/Juice/Water
<b><u>Lunch</u></b>
Hamburgers
<b>Side Dishes:</b>
Cookie
Baked Chips
Fruit & Vegetables
Milk/Juice/Water

Tues 03/02
<b><u>Breakfast</u></b>
Cereal & Donuts
Fruit
Milk/Juice/Water
<b><u>Lunch</u></b>
Mini Corn Dogs
<b>Side Dishes:</b>
Baked French Fries
Fruit & Vegetables
Milk/Juice/Water

Wed 03/03
<b><u>Breakfast</u></b>
Breadables
Fruit
Milk/Juice/Water
<b><u>Lunch</u></b>
Popcorn Chicken
<b>Side Dishes:</b>
Macaroni & Cheese
Salad & Fruit
Milk/Juice/Water

Thurs 03/04
<b><u>Breakfast</u></b>
Pancakes
Fruit
Milk/Juice/Water
<b><u>Lunch</u></b>
Taco Salad
<b>Side Dishes:</b>
Fruit & Vegetables
Milk/Juice/Water

Fri 03/05
<b><u>Breakfast</u></b>
Muffin
Fruit
Milk/Juice/Water
<b><u>Lunch</u></b>
Pizza
<b>Side Dishes:</b>
Jello Salad
Fruit/Vegetables
Milk/Juice/Water
<b>MINIMUM DAY 12:45</b>

Mon 03/08
<b><u>Breakfast</u></b>
Cereal & Donuts
Fruit
Milk/Juice/Water
<b><u>Lunch</u></b>
Grilled Cheese
Soup
<b>Side Dishes:</b>
Vegetables
Fruit/Cake
Milk/Juice/Water

Tues 03/09
<b><u>Breakfast</u></b>
Egg Onelet & Sausage
Fruit
Milk/Juice/Water
<b><u>Lunch</u></b>
Taquitos
Refried Beans
<b>Side Dishes:</b>
Cookie
Fruit & Vegetables
Milk/Juice/Water

Wed 03/10
<b><u>Breakfast</u></b>
Muffin & Egg Patty
Fruit
Milk/Juice/Water
<b><u>Lunch</u></b>
Sweet & Sour Chicken
<b>Side Dishes:</b>
Fruit & Vegetables
Baked Egg Roll
Milk/Juice/Water

Thurs 03/11
<b><u>Breakfast</u></b>
Danish
Fruit
Milk/Juice/Water
<b><u>Lunch</u></b>
Hot Dogs
Baked French Fries
<b>Side Dishes:</b>
Fruit & Vegetables
Corn
Milk/Juice/Water

Fri 03/12
<b><u>Breakfast</u></b>
French Toast Sticks
Fruit
Milk/Juice/Water
<b><u>Lunch</u></b>
Pizza
<b>Side Dishes:</b>
Green Salad
Fruit & Vegetables
Milk/Juice/Water

<p><b>Mon 03/15</b>  <b>Breakfast</b>  Muffin Top &amp; Sausage  Fruit  Milk/Juice/Water  <b>Lunch</b>  Grilled Cheese  Soup  <b>Side Dishes:</b>  Cake  Fruit &amp; Vegetables  Milk/Juice/Water</p>	<p><b>Tues 03/16</b>  <b>Breakfast</b>  Breadables &amp; Egg Patty  Fruit  Milk/Juice/Water  <b>Lunch</b>  Roast Beef Gravy  Mashed Potatoes  <b>Side Dishes:</b>  Fruit &amp; Vegetables  Milk/Juice/Water</p>	<p><b>Wed 03/17</b>  <b>Breakfast</b>  Cereal &amp; Donuts  Fruit  Milk/Juice/Water  <b>Lunch</b>  Chicken Haystacks  <b>Side Dishes:</b>  Fruit &amp; Vegetables  Milk/Juice/Water</p>	<p><b>Thurs 03/18</b>  <b>Breakfast</b>  Pancakes  Fruit  Milk/Juice/Water  <b>Lunch</b>  Pizza  <b>Side Dishes:</b>  Fruit &amp; Vegetables  Milk/Juice/Water  <b>MINIMUM DAY 12:45</b></p>	<p><b>Fri 03/19</b>    <b>NO SCHOOL</b>    <b>Parent Techer Conference</b>  <b>8:00 - 12:00</b></p>
<p><b>Mon 03/22</b>  <b>Breakfast</b>  Cereal &amp; Donuts  Fruit  Milk/Juice/Water  <b>Lunch</b>  Chicken Fajitas  <b>Side Dishes:</b>  Fruit &amp; Vegetables  Milk/Juice/Water</p>	<p><b>Tues 03/23</b>  <b>Breakfast</b>  Muffins  Fruit  Milk/Juice/Water  <b>Lunch</b>  Spaghetti  <b>Side Dishes:</b>  Roll  Fruit &amp; Vegetables  Milk/Juice/Water</p>	<p><b>Wed 03/24</b>  <b>Breakfast</b>  Danish  Fruit  Milk/Juice/Water  <b>Lunch</b>  Taco Salad  <b>Side Dishes:</b>  Cookies  Fruit &amp; Vegetables  Milk/Juice/Water  Potato Wedges</p>	<p><b>Thurs 03/25</b>  <b>Breakfast</b>  Cereal &amp; Donuts  Fruit  Milk/Juice/Water  <b>Lunch</b>  Sloppy Joes  <b>Side Dishes:</b>  Potato Salad  Gravy  Fruit &amp; Vegetables  Milk/Juice/Water</p>	<p><b>Fri 03/26</b>  <b>Breakfast</b>  French Toast Sticks  Fruit  Milk/Juice/Water  <b>Lunch</b>  Pizza  <b>Side Dishes:</b>  Fruit &amp; Vegetables  Milk/Juice/Water</p>
<p><b>Mon 03/29</b>  <b>Breakfast</b>  Muffins  Fruit  Milk/Juice/Water  <b>Lunch</b>  Chili Dogs  <b>Side Dishes:</b>  Fruit &amp; Vegetables  Milk/Juice/Water</p>	<p><b>Tues 03/30</b>  <b>Breakfast</b>  Scrambled Eggs  Roll/Fruit  Milk/Juice/Water  <b>Lunch</b>  BBQ Chicken  <b>Side Dishes:</b>  Fruit &amp; Vegetables  Milk/Juice/Water</p>	<p><b>Wed 03/31</b>  <b>Breakfast</b>  Danish &amp; Fruit  Milk/Juice/Water  <b>Lunch</b>  Beef Stew  <b>Side Dishes:</b>  Roll  Fruit &amp; Vegetables  Milk/Juice/Water</p>	<p><b>Important Dates</b>  <b>Continued</b>  24th - Math Night 6:00 PM  26th - Art Festival  26th - Library Contest  6:00 - 7:30 PM</p>	<p><b>Food For Thought!</b>    <b>" The belly rules  the mind."</b>    * Spanish Proverb</p>

**\*This Institution is an equal opportunity Provider.  
All fruits and vegetables are fresh from Granatos Produce.**