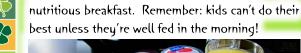




Breakfast and lunch meals include a choice of 100% fruit ivice or fruit, and a choice of milk. Milk choices include: Skim or 1% flavored or unflavored milk.













FIRST THINGS FIRST!

This year, we've been telling you a lot about the

educational and health benefits of eating a

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!



Friday, March I

Breakfast

Sausage Biscuit or Muffin w/Scrambled Eggs or Cereal w/Toast

Lunch

Pizza Yogurt Basket, Corn, Carrots & Celery Sticks w/Dip,

NUTRITION TOGO

Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

A QUICK BITE FOR PARENTS

Monday, March 4

Breakfast

Sausage Biscuit or Cereal w/Toast

Lunch

Chicken Sandwich Meatball Sub Sandwich. Smiley Fries, Baked Beans, Fruit

Tuesday, March 5

Breakfast

French Toast Sticks or Biscuit w/Gravy

Lunch

Oueso Beef Nachos Chicken & Cheese Ouesadilla. Lettuce/Tomato Cup, Refried Beans w/Queso, Corn. Fruit

Wednesday, March 6

Breakfast

Waffle or Pancakes or Honey **Bun or Cheesy Scrambled** Eggs w/Toast

Lunch

Mini Corn Dogs or Pizza. Fries, Baked Beans. Fruit

Thursday, March 7

Breakfast

Chicken Biscuit or Cereal w/Poptart

Lunch

Cheeseburger Cheese Hot Dog, Sweet Potato Fries. Slaw. Fruit

Friday, March 8

Fruit



School Today



Every complete meal we serve comes with your choice of milk!

Spring Forward



Sunday, March 10

Monday, March II

Breakfast

Sausage Biscuit or Cereal w/Toast

Lunch

Chicken Tenders **Country Fried Steak** w/Gravy, Roll. Mashed Potatoes, Broccoli. Fruit

Tuesday, March 12

Breakfast

French Toast Sticks or Biscuit w/Gravy

Lunch

Baked Spaghetti w/Garlic Breadstick Cheesy Bread w/Marinara Sauce. Garden Salad. Steamed Carrots, Fruit

Wednesday, March 13

Breakfast

Waffle or Pancakes or Honey Bun or Cheesy Scrambled Eggs w/Toast

Lunch **BBO** Plate Fish Sticks. Macaroni & Cheese. Slaw. Green Beans. Fruit

Thursday, March 14

Breakfast

Chicken Biscuit or Cereal w/Poptart

Lunch

Chicken Sausage Biscuit, Cheesy Eggs, Morning Potatoes. Sliced Tomatoes, Gravy, Fruit

Friday, March 15

Breakfast

Sausage Biscuit or Muffin w/Scrambled Eggs or Cereal w/Toast

Lunch

Pizza Yogurt Basket, Corn. Carrots w/Dip, Fruit





Teddy Bear say when he was offered

"No. thanks. I'm stuffed!" Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay healthy/food/pyramid.html

> Classes resume: Monday, April 8

Monday, March 18

Breakfast

Sausage Biscuit or Cereal w/Toast

Lunch

Asian Chicken w/Rice Steak & Gravy, Green Beans. Honey Glazed Carrots, Fruit

Tuesday, March 19

Breakfast

French Toast Sticks or Biscuit w/Gravy

Lunch

Walking Tacos (Chicken or Beef). Lettuce/Tomato Cup, Refried Beans w/Oueso. Fruit

Wednesday, March 20

Breakfast

Waffle or Pancakes or Honey **Bun or Cheesy Scrambled** Eggs w/Toast

Lunch

Chicken Tenders w/Waffles Meatloaf. Mashed Potatoes, Green Peas. Fruit

Thursday, March 21

Breakfast

Chicken Biscuit or Cereal w/Poptart

Lunch

Cheesy Breadsticks w/Marinara Sauce Chicken Alfredo w/Garlic Breadstick, Corn. Broccoli, Fruit

Friday, March 22

Breakfast

Sausage Biscuit or Muffin w/Scrambled Eggs or Cereal w/Toast

Lunch

Pizza PB&I Sandwich. Carrots w/Dip, Garden Salad. Fruit

Monday, March 25

Breakfast

Sausage Biscuit or Cereal w/Toast

Lunch

Cheeseburger Hot Ham & Cheese Sandwich. Baked Beans. Okra. Fruit

Tuesday, March 26

Breakfast

French Toast Sticks or Biscuit w/Gravy

Lunch

Boneless Buffalo Chicken Chili Macaroni. Baked Potato. Celery Sticks w/Dip, Fruit

Wednesday, March 27

Breakfast

Waffle or Pancakes or Honey Bun or Cheesy Scrambled Eggs w/Toast

Lunch

Fish Sticks or Corn Dog, Tater Tots. Garden Salad. Fruit

Thursday, March 28

Breakfast

Chicken Biscuit or Cereal w/Poptart

Lunch

Chicken Sandwich BBO Sandwich. Sweet Potato Fries. Slaw. Fruit

Friday, March 29

Breakfast

Sausage Biscuit or Muffin w/Scrambled Eggs or Cereal w/Toast

Lunch

Pizza Yogurt Basket, Corn. Carrots w/Dip, Fruit

