

March

Breakfast Lunch

Monday, March 2nd

Cinnamon Toast Cereal, Cheese String
 Red Beans and Rice
 Carrots w/ Ranch, Cornbread

Tuesday, March 3rd

Breakfast Sausage Sandwich
 Spaghetti and Meatballs
 Broccoli, Garlic Breadstick

Wednesday, March 4th

Blueberry Muffin
 Cheese String
 Salisbury Steak w/ Rice and Gravy, Green Beans
 Salad w/ Carrots

Thursday, March 5th

Maple Pancake
 Chicken Sausage Sandwich
 Nachos-Chips, Meat, Salsa
 Cheese, Lettuce, Corn

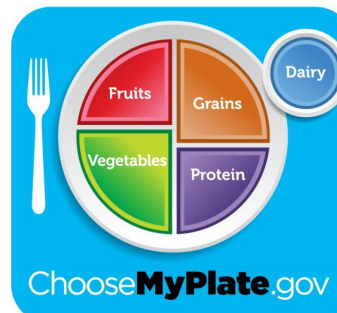
Friday, March 6th

French Toast Sticks
 Pepperoni Pizza
 Salad w/ Carrots

This institution is an equal opportunity provider and employer. Menus are subject to change.

March in National Nutrition Month

March is National Nutrition Month. The main goal of this campaign is to put an added focus on establishing healthier eating habits for children and adults. Teaching your children about using MyPlate, will put them on the right path to making smarter choices when it comes to choosing what foods and drinks to consume. The MyPlate is divided into five sections: fruits, grains, vegetables, proteins, and dairy. Follow these guidelines when using MyPlate:



- 1) Fruits:** Make half of your plate full with fruits
 - ◆ Choose whole fruits - fresh, frozen, dried, or canned in 100% juice
- 2) Vegetables:** Make half of your plate full with vegetables
 - ◆ Add fresh, frozen, or canned vegetables to salads, sides, and main dishes
- 3) Grains:** Make half of your grains whole grains
 - ◆ Look for whole grains listed first or second on the ingredients list - try oatmeal, popcorn, whole grain bread, or brown rice
- 4) Proteins:** Vary your protein routine
 - ◆ Mix up your protein foods to include seafood, beans, peas, unsalted nuts and seeds, eggs, lean meats, and poultry
 - ◆ Try main dishes made with beans and seafood, like tuna salad or bean chili
- 5) Dairy:** Move to low - fat or fat - free milk or yogurt
 - ◆ Choose fat - free milk, yogurt, and fortified soy milk to cut back on saturated fat
- 6) Limit:** Drink and eat less sodium, saturated fat, and added sugars
 - ◆ Choose vegetable oils instead of butter and oil based sauces and dips
 - ◆ Drink water instead of sugary drinks

Available Daily

All Meals Served With:

Low Fat White Milk
 Or Non Fat Chocolate Milk
 And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
 Everyday as Alternate Breakfast**

Breakfast Lunch

Monday, March 9th

Cinnamon Toast Cereal, Cheese String
 White Beans and Rice
 Green Beans, Biscuit

Tuesday, March 10th

Egg and Cheese Muffin
 Frito Pie - Chili, Cheese, Lettuce, Sour Cream, Corn

Wednesday, March 11th

Banana Muffin
 Cheese String
 Oven Fried Chicken
 Tator Tots w/ Ketchup
 Broccoli, WG Biscuit

Thursday, March 12th

Maple Pancake Sausage Sandwich
 Turkey Tacos w/ Tortillas
 Salsa, Cheese, Lettuce, Corn

Friday, March 13th

Cinnamon Rolls w/ Icing
 Hot Dog w/ Chili, French Fries, Ketchup, Mustard



► *Available Daily*

All Meals Served With:

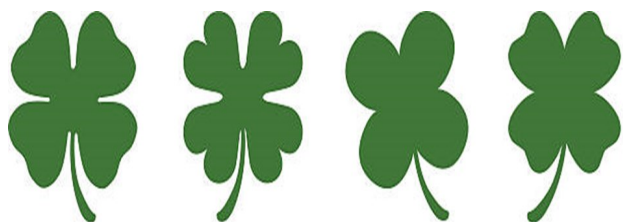
Low Fat White Milk
Or Non Fat Chocolate Milk
And Fresh Fruit or Fruit Juice
**Cereal & Cheese String Served
Everyday as Alternate Breakfast**

Mango Health Benefits

There are several fruits and vegetables that begin to come in season in the spring months. Check out the health benefits of one of these fruits, Mangos:



1. Low fat and saturated fat free
2. Sodium and cholesterol free
3. High in Vitamin A and C
4. Excellent for skin health and eye protection
5. Boosts your immune system and improves digestion



National School Breakfast Week



National school breakfast week is March 2nd— March 6th. This year's theme is School Breakfast: Out of this World."



This slogan is meant to captivate parents, students, and school officials with how the breakfast program is blasting into new territory! National School Breakfast Week is celebrated to help to raise awareness about the importance of a healthy breakfast for children in school. Check out this easy recipe to help provide your child with a nutritious breakfast.

Breakfast Lunch



Monday, March 16th

Cinnamon Toast Meatball Marinara on
Cereal, Cheese String Ciabatta, Steamed Corn

Tuesday, March 17th

Breakfast Sausage Chicken & Sausage Gumbo
Sandwich Rice, Salad w/ Tomatoes
WG Crackers

**Wednesday, March 18th
Through**

Friday, March 20th

No School

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Breakfast Lunch



Monday, March 23rd

Cinnamon Toast Red Beans and Rice
Cereal, Cheese String Carrots w/ Ranch,
Cornbread

Tuesday, March 24th

Egg and Cheese Hamburger w/ French Fries
Muffin Ketchup, Mayo, Dressing Cup

Wednesday, March 25th

Banana Muffin Herb Roasted Chicken
Cheese String w/ Rice and Gravy, Peas
Salad w/ Carrots, Biscuit

Thursday, March 26th

Chicken Biscuit Lasagna, Green Beans
Sandwich Bread Stick

Friday, March 27th

Cinnamon Rolls Cheese Pizza
w/ Icing Salad w/ Carrots

Monday, March 30th

Cinnamon Toast White Beans and Rice
Cereal, Cheese String Green Beans, WG Biscuit

Tuesday, March 31st

Breakfast Sausage Cheeseburger w/ French
Sandwich Fries, Ketchup, Mayo
Salad w/ Tomatoes

**St. Pat-
rick's
Day is
March
17th!**

