

March

Breakfast Lunch

Monday, March 2nd

Egg and Cheese Muffin	Red Beans and Rice Carrots w/ Ranch, Cornbread Cheese Pizza California Salad
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Tuesday, March 3rd

Scrambled Eggs Biscuit w/ Jelly	Spaghetti and Meatballs Corn, Green Beans, Breadstick Honey Mustard Chicken Sandwich Chicken Salad Sandwich
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Wednesday, March 4th

Blueberry Muffin	Salisbury Steak w/ Gravy Brown Rice, Green Beans Broccoli, Biscuit Cheeseburger Chicken Ranch Wrap
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Thursday, March 5th

Maple Pancake Chicken Sausage Sandwich	Turkey Nachos w/ Salsa Cheese, Lettuce, Corn, Rice Meatball Sub Ciabatta Turkey and Cheese Panini
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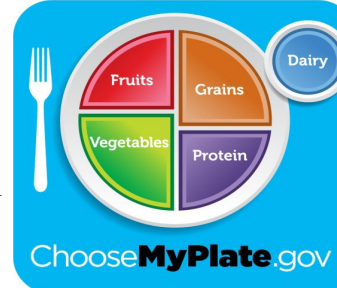
Friday, March 6th

French Toast	Pepperoni Pizza Salad w/ Carrots, Steamed Corn Hamburger w/ Dressing Cup Southwest Salad
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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

Yogurt w/ Granola	White Beans and Rice Green Beans, Biscuit Cheese Pizza California Salad
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Tuesday, March 10th

Chicken and Maple Waffles	Frito Pie - Chili, Cheese Sour Cream, Corn, Rice, Biscuit Chicken Ranch Sandwich Hot Dog w/ Chili
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Wednesday, March 11th

Banana Muffin	Oven Fried Chicken Tator Tots w/ Ketchup Broccoli, Biscuit Pepperoni Pizza Chicken Ranch Wrap
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Thursday, March 12th

Grits w/ Butter Sausage Links	Turkey Tacos w/ Salsa Cheese, Lettuce, Corn, Rice Meatball Sub Ciabatta Honey Mustard Chicken Sandwich
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Friday, March 13th

Cinnamon Rolls w/ Icing	Hot Dog w/ Chili French Fries w/ Ketchup Turkey & Cheese Ciabatta Southwest Salad
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This institution is an equal opportunity provider and employer. Menus are subject to change.

► 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 16th

Egg & Cheese Muffin	Meatball Marinara on Ciabatta, Steamed Corn Chicken Ranch Salad Baked Potato w/ Chili & Sour Cream
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Tuesday, March 17th

Scrambled Eggs Biscuit w/ Jelly	Chicken and Sausage Gumbo Rice, Salad w/ Tomatoes WG Crackers Pepperoni Pizza Buffalo Chicken Wrap
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Wednesday, March 18th Through Friday, March 20th

No School

St.
Patrick's
Day is
March
17th!



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.

**SCHOOL
BREAKFAST**
OUT OF THIS WORLD!™



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

Breakfast Lunch

Monday, March 23rd

Yogurt w/ Granola	Red Beans and Rice Carrots w/ Ranch, Cornbread Cheese Pizza California Salad
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Tuesday, March 24th

Maple Pancake Chicken Sandwich	Hamburger w/ French Fries Dressing Cup, Broccoli Turkey & Cheese Panini Chicken Ranch Wrap
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Wednesday, March 25th

Banana Muffin	Herb Roasted Chicken w/ Rice and Gravy, Peas Salad w/ Carrots, Biscuit Hamburger Dressing Cup Hot Dog w/ Chili & Cheese
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Thursday, March 26th

Grits w/ Butter Sausage Links	Lasagna, Green Beans Bread Stick Pepperoni Pizza Chicken Caesar Salad
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Friday, March 27th

Cinnamon Rolls w/ Icing	Cheese Pizza, Salad w/ Carrots, Corn Turkey & Cheese Ciabatta Southwest Salad
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Monday, March 30th

Egg & Cheese Muffin	White Beans and Rice Green Beans, Biscuit Cheese Pizza California Salad
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Tuesday, March 31st

Scrambled Eggs Biscuit w/ Jelly	Cheeseburger, French Fries Ketchup, Salad w/ Carrots Turkey & Cheese Panini Chicken Ranch Wrap
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