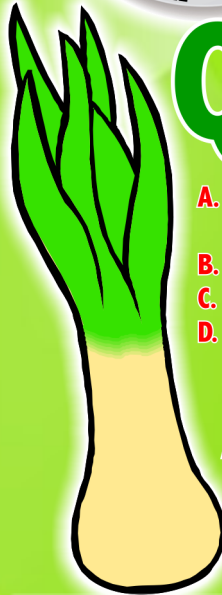




What's on YOUR plate?



Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

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

MANY MOONS

Native Americans had special names for every full moon of the year. One name for this month's full moon is the "Full Crust Moon," because by March snow cover is melting during the day and re-freezing and crusting over by night.

Monday, March 11

Breakfast
Oatmeal Breakfast Round

Lunch
Crispy Chicken Sandwich or BBQ Rib Sandwich
Baked Beans
Broccoli & Raisin Salad
Garden Bar
Chilled Pears
Blueberries & Yogurt Milk

Tuesday, March 12

Breakfast
French Toast Sticks

TACO Tuesday
Build Your Own Nacho Bar
Of Softshell Taco
Beef, Cheese, Tomato, Onion
Olives, Salsa, Sour Cream
Whole Kernel Corn
Spanish Rice
Red Pepper Strips
Garden Bar
Chilled Mandarin Oranges
Apple Wedges, Milk

Wednesday, March 13

Breakfast
Build Your Own Yogurt Bar

Lunch
Mozzarella Sticks or Pizza BOSCO Stick
Marinara Sauce
Cooked Green Beans
Baby Carrots
Garden Bar
Chilled Peaches
Kiwi Wedges
Milk

Thursday, March 14

Breakfast
Pancake & Sausage Bites

Lunch
Boneless or Bone-In Wings
Dipping Sauces, Breadstick
Emoji French Fries
Celery Sticks
Garden Bar
Chilled Applesauce
Orange Wedges
Milk

Friday, March 15

Breakfast
Breakfast Variety!

Lunch
Hot Ham & Cheese or Grilled Cheese Sandwich
Creamy Tomato Soup
Romaine Caesar Salad with Cherry Tomatoes
Garden Bar
Fruit Variety
Milk

Monday, March 18

NO SCHOOL

Staff Development

Tuesday, March 19

Breakfast
Breakfast Pizza

Lunch
Chicken Fajitas or Quesadilla
Spanish Rice, Refried Beans
Whole Kernel Corn
Taco Toppings
Garden Bar
Chilled Pineapple
Orange Wedges
Milk

Wednesday, March 20

1st Day of Spring!

Breakfast
Build Your Own Pancake Bar

Lunch
Spicy or Regular Chicken Tenders
Dinner Roll
Sweet Potato Fries
Sugar Snap Peas
Garden Bar
Chilled Pears
Fresh Grapes
Milk

Thursday, March 21

Breakfast
Smoothie & Muffin

Lunch
Build Your Own Baked Potato Bar
Top with Diced Ham, Cheese or Chili
Sour Cream
Honey Cornbread
Cooked Broccoli, Baby Carrots, Garden Bar
Apple Wedges
Chilled Peaches, Milk

Friday, March 22

Breakfast
Breakfast Sandwich

Lunch
Shrimp Poppers with Dinner Roll or Pulled Pork Sandwich
Baked Beans
Creamy Coleslaw
Garden Bar
Fruit Variety
Milk

Monday, March 25

Breakfast
Build Your Own Yogurt Bar

Lunch
Grilled Chicken Sandwich or Crispy Pork Sandwich
Emoji French Fries
Red Pepper Strips
Garden Bar
Chilled Pears
Kiwi Wedges
Milk

Tuesday, March 26

Breakfast
French Toast Sticks

Lunch
Hot Dog on Bun (Top with Sloppy Joe Meat & Cheese) or Sloppy Joe Sandwich
Baked Beans
Creamy Coleslaw
Garden Bar
Chilled Peaches
Apple Wedges
Milk

Wednesday, March 27

Breakfast
Fresh Cinnamon Rolls

Lunch
Stuffed Crust Pizza Variety
Cooked Carrots
Celery Sticks
Garden Bar
Chilled Applesauce
Orange Wedges
Milk

Thursday, March 28

Breakfast
Pancake & Sausage Bites

Lunch
Hot Turkey & Cheese Panini or Hot Ham & Cheese Sandwich
Cook's Choice Soup
Sweet Potato Fries
Cucumber Slices
Garden Bar
Chilled Strawberries
Blueberries & Yogurt
Milk

Friday, March 29

Breakfast
Breakfast Variety!

Lunch
Cheese or Pepperoni French Bread Pizza
Marinara Sauce
Cooked Broccoli
Romaine Caesar Salad with Cherry Tomatoes
Garden Bar
Fruit Variety
Milk