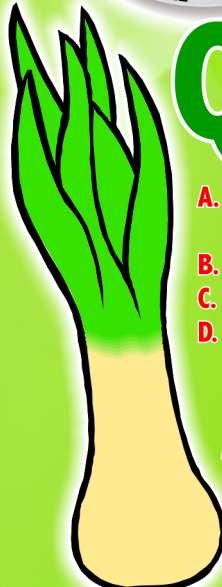




What's on YOUR plate?



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
Fruit & Yogurt Parfait with Granola or Cold Cereal with String Cheese

Lunch
Crispy Chicken Sandwich
Ketchup, BBQ Sauce
Sweet Potato Fries
Cucumber Slices
Garden Bar
Chilled Applesauce
Orange Wedges
Milk

Tuesday, March 12

Breakfast
NEW: Egg & Cheese Breakfast Sandwich or Poptart with Yogurt

Lunch
Mini Corn Dogs
Ketchup
Cooked California Blend
Celery Sticks
Garden Bar
Chilled Pears
Banana, Milk

Wednesday, March 13

Breakfast
French Toast Sticks or Muffin with Yogurt

Lunch
Sloppy Joe Sandwich
Baked Beans
Creamy Coleslaw
Garden Bar
Blueberries
Chilled Fruit Cocktail
Milk

Thursday, March 14

Breakfast
Cheesy Egg Omelet with English Muffin and Jelly or Cereal Bar with String Cheese

Lunch
Chicken Alfredo Pasta
Cooked Broccoli
Romaine Caesar Salad with Cherry Tomatoes
Garden Bar
Chilled Peaches
Fresh Grapes, Milk

Friday, March 15

Breakfast
Breakfast Variety!

Lunch
NEW: Shrimp Poppers
Fresh Biscuit
Ketchup
Emoji French Fries
Baby Carrots
Garden Bar
Fruit Variety
Milk

Monday, March 18

NO SCHOOL

Staff Development

Tuesday, March 19

Breakfast
Smoothie with Muffin or Cold Cereal with String Cheese

Lunch
Build Your Own Nacho Bar
Beef & Cheese
Lettuce, Tomato, Onion, Sour Cream, Salsa
Whole Kernel Corn
Red Pepper Strips
Garden Bar
Chilled Pineapple
Banana, Milk

Wednesday, March 20

1st Day of Spring!

Breakfast
Breakfast Pizza or Breakfast Bread with Yogurt

Lunch
Popcorn Chicken
Dinner Roll, Ketchup
Ranch Mashed Potatoes
Baby Carrots
Garden Bar
Baked Cinnamon Apples
Craisins
Milk

Thursday, March 21

Breakfast
Fresh Cinnamon Roll or Organic Bunny Grahams with Yogurt

Lunch
Hot Dog on Bun
Ketchup
Baked Beans
Celery Sticks
Garden Bar
Chilled Strawberries
Orange Wedges
Milk

Friday, March 22

Breakfast
Pancakes with Syrup or Oatmeal Bar with String Cheese

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

Monday, March 25

Breakfast
Pancake & Sausage Bites or Cold Cereal with Yogurt

Lunch
Teriyaki Chicken Dippers
"Fried" Rice
Stir Fry Vegetables
Red Pepper Strips
Garden Bar
Chilled Pineapple
Orange Wedges
Milk

Tuesday, March 26

Breakfast
NEW: Egg & Cheese Breakfast Sandwich or Poptart with String Cheese

Lunch
Pork Sandwich Variety
BBQ Sauce, Ketchup
Baked Beans
Cucumber Slices
Garden Bar, Banana
Chilled Blueberries
Milk

Wednesday, March 27

Breakfast
Fruit & Yogurt Parfait with Granola or Muffin with String Cheese

Lunch
Hot Ham & Cheese Sandwich on Pretzel Bun
Cook's Choice Soup
Roasted Brussel Sprouts
Baby Carrots
Garden Bar
Chilled Strawberries
Apple Wedges, Milk

Thursday, March 28

Breakfast
Breakfast BOSCO Stick or Poptart with Yogurt

Lunch
Chicken Strips
Ketchup
Emoji Fries
Celery Sticks
Garden Bar
Chilled Peaches
Kiwi Wedges
Milk

Friday, March 29

Breakfast
French Toast Sticks with Syrup or Cereal Bar with String Cheese

Lunch
BOSCO Pretzel Cheese Stick
Sweet Potato Fries
Romaine Caesar Salad with Cherry Tomatoes
Yogurt Variety
Garden Bar
Fruit Variety
Milk