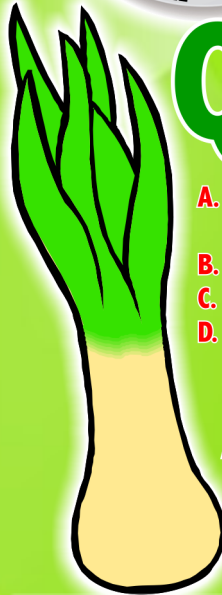




# What's on YOUR plate?



**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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
<b>Breakfast</b> Cold Cereal Fruit Milk <b>Lunch</b> Crispy Chicken Sandwich Sweet Potato Fries Orange Wedges Milk	<b>Breakfast</b> Muffin Variety Fruit Milk <b>Lunch</b> Mini Corn Dogs Celery Sticks Banana Milk	<b>Breakfast</b> Grahams Variety Fruit Milk <b>Lunch</b> Sloppy Joe Sandwich Baked Beans Chilled Fruit Cocktail Milk	<b>Breakfast</b> Breakfast Bread Variety Fruit Milk <b>Lunch</b> Chicken Alfredo Pasta Cooked Broccoli Chilled Peaches Milk	<b>Breakfast</b> Breakfast Variety Fruit Milk <b>Lunch</b> New! Shrimp Poppers Fresh Biscuit Emoji Fries Fruit Variety Milk

Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
<b>NO SCHOOL</b>  <b>Staff Development</b>	<b>Breakfast</b> Muffin Variety Fruit Milk <b>Lunch</b> Beef & Cheese Nachos Red Pepper Strips Banana Milk	<b>Breakfast</b> Grahams & Yogurt Fruit Milk <b>Lunch</b> Popcorn Chicken Dinner Roll Baby Carrots Craisins Milk	<b>Breakfast</b> Breakfast Bread Variety Fruit Milk <b>Lunch</b> Hot Dog on a Bun Baked Beans Chilled Strawberries Milk	<b>Breakfast</b> Breakfast Variety Fruit Milk <b>Lunch</b> French Bread Pizza Romaine Caesar Salad Fruit Variety Milk

Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
<b>Breakfast</b> Cold Cereal Fruit Milk <b>Lunch</b> Teriyaki Chicken Dippers "Fried Rice" Stir Fry Veggies Chilled Pineapple Milk	<b>Breakfast</b> Muffin Variety Fruit Milk <b>Lunch</b> Pork Sandwich Variety Cucumber Slices Banana Milk	<b>Breakfast</b> Grahams Fruit Milk <b>Lunch</b> Hot Ham & Cheese on a Pretzel Bun Baby Carrots Apple Wedges Milk	<b>Breakfast</b> Breakfast Bread Variety Fruit Milk <b>Lunch</b> Chicken Strips Emoji Fries Kiwi Wedges Milk	<b>Breakfast</b> Breakfast Variety Fruit Milk <b>Lunch</b> BOSCO Pretzel Cheese Stick Sweet Potato Fries Yogurt Variety Fruit Variety Milk