

March

Breakfast Lunch

Monday, March 2nd

Egg and Cheese Muffin Red Beans and Rice
Carrots w/ Ranch, Cornbread

Tuesday, March 3rd

Scrambled Eggs Spaghetti and Meatballs
Biscuit w/ Jelly Broccoli, Garlic Breadstick

Wednesday, March 4th

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

Thursday, March 5th

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

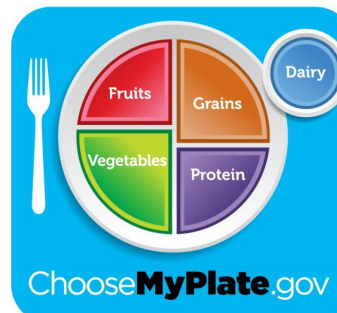
Friday, March 6th

French Toast Pepperoni Pizza
Sticks 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

Yogurt w/ Granola White Beans and Rice
Green Beans, Biscuit

Tuesday, March 10th

Chicken & Maple Waffles Frito Pie - Chili, Cheese,
Lettuce, Sour Cream, Corn

Wednesday, March 11th

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

Thursday, March 12th

Grits w/ Butter Turkey Tacos w/ Tortillas
Turkey Sausage Link 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**

Breakfast Lunch

Monday, March 16th

Egg and Cheese Muffin Meatball Marinara on Ciabatta, Steamed Corn

Tuesday, March 17th

Scrambled Eggs Biscuit w/ Jelly Chicken & Sausage Gumbo
 Rice, Salad w/ Tomatoes
 WG Crackers

Wednesday, March 18th

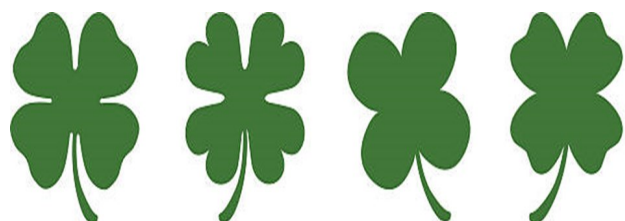
Blueberry Muffin Cheese String BBQ Chicken Thigh
 Mac & Cheese, Baked
 Beans, Green Beans

Thursday, March 19th

Maple Pancake Chicken Sausage Sandwich Spaghetti and Meat Sauce
 Broccoli, Breadstick

Friday, March 20th

French Toast Sticks Chicken Tenders, Potato Wedge
 Ketchup, Carrots w/ Ranch



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

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Breakfast Lunch



Monday, March 23rd

Yogurt w/ Granola Cheese String Red Beans and Rice
 Carrots w/ Ranch, Cornbread

Tuesday, March 24th

Maple Pancake Chicken Sandwich Hamburger w/ French Fries
 Ketchup, Mayo, Dressing Cup

Wednesday, March 25th

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

Thursday, March 26th

Grits w/ Butter Turkey Sausage Links Lasagna, Green Beans
 Bread Stick

Friday, March 27th

Cinnamon Rolls w/ Icing Cheese Pizza
 Salad w/ Carrots

Monday, March 30th

Egg and Cheese Muffin White Beans and Rice
 Green Beans, WG Biscuit

Tuesday, March 31st

Scrambled Eggs Biscuit w/ Jelly Chicken Salad on Ciabatta
 Potato Wedges, Ketchup
 Salad w/ Tomatoes

St. Patrick's Day is March 17th!

