

March Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Students may select 3-5 food groups and MUST select at least 3 food groups and one MUST be a fruit and/or vegetable each day. Skim and Low-fat Milk Offered Daily (V) Vegetarian Option</p> <p>*This Institution is an equal opportunity provider.</p>			<p>1</p> <p>Cheese Enchiladas Spanish Rice Pinto Beans Roasted Squash Pears</p>	<p>2</p> <p>Chicken Popcorn Bites Grilled Cheese Sandwich (V) Potato Tots Baby Carrots Pineapple</p>
<p>5</p>	<p>6</p> <p>Breaded Steak Fingers Grilled Cheese (V) Baked Potato Lettuce & Tomato Salad Fresh Apple/Applesauce</p>	<p>7</p> <p>Spaghetti & Meat Sauce Spaghetti & Marinara Sauce (V) Garlic Bread Sticks Cooked Carrots Fresh Apple/Applesauce</p>	<p>8</p> <p>Chicken Chili Crispito Bean & Cheese Quesadilla (V) Spanish Rice Roasted Squash Mandarin Oranges</p>	<p>9</p> <p>Hamburger Grilled Cheese Sandwich (V) Cucumber & Tomato Salad Potato Wedges Pears</p>
<p>12</p> <p>Holiday</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p> <p>Holiday</p>
<h2>Spring Break Holidays</h2>				
<p>19</p> <p>Pork Tamales Cheese Enchiladas (V) Spanish Rice Corn Pinto Beans Fresh Apple/Apple Slices</p>	<p>20</p> <p>Salisbury Steak Grilled Cheese Sandwich (V) Dinner Roll Mashed Potatoes Cooked Carrots Peaches</p>	<p>21</p> <p>Chicken Parmesan Spaghetti w/ Marinara (V) Garlic Bread Sticks Green Beans Fresh Orange/Orange wedges</p>	<p>22</p> <p>Beef Chili Grilled Cheese Sandwich (V) Cornbread Lettuce & Tomato Salad Pears</p>	<p>23</p> <p>Pepperoni Pizza Cheese Pizza (V) Broccoli Mandarin Oranges</p>
<p>26</p> <p>Breaded Chicken Sandwich Grilled Cheese Sandwich (V) Lettuce & Tomato Salad Fresh Apple/Applesauce</p>	<p>27</p> <p>Philly Cheese Sandwich Grilled Cheese Sandwich (V) Potato Tots Cooked Carrots Pineapple</p>	<p>28</p> <p>Turkey & Cheese Lasagna Cheese & Vegetable Lasagna (V) Garlic Bread Sticks Spinach & Romaine Salad</p>	<p>29</p> <p>Beef Bean & Cheese Burritos Cheese Enchiladas (V) Spanish Rice Pinto Beans Roasted Squash</p>	<p>30</p> <p>Baja Fish Sticks Macaroni & Cheese (V) Broccoli Pears</p>

Breakfast Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of Mar. 1st & 19th	Apple Cinnamon Bread Cereal Yogurt Cup Fresh Orange Milk	Cereal Yogurt Cup Apple/ Applesauce Milk	French Toast/ Breakfast Pizza Cereal Yogurt Cup	Cereal Yogurt Cup Apples/Apple Slices Milk	Breakfast Sandwich Cereal Yogurt Cup Fresh Orange/Juice
Week of Mar. 5th & 26th	Banana Bread/French Toast Cereal Yogurt Cup Fresh Orange	Bagel & Cream Cheese Cereal Yogurt Cup Fresh Apple/Applesauce	Pancakes/Waffles Sausage Links Cereal Yogurt Cup	Breakfast Taco Cereal Yogurt Fresh Apples/Applesauce	Breakfast Sandwich Cereal Yogurt Cup Fresh Orange/Juice



I Heart School Breakfast



March 5th—9th is School Breakfast Week across the nation. The theme this year is “I Heart School Breakfast”. This encourages parents, students, and school officials to get social over school breakfast. #NSBW

Here are some foods to include for a healthy breakfast: Whole grains are better for you than refined white grains and have an outer layer called bran. Add the letter i and bran becomes brain. Eating whole grain bread, waffles and tortillas or whole oats in oatmeal is a brainy thing to do.

A smart start to any day includes lean protein and that is found in things like turkey, chicken, beans and eggs. Eating a breakfast with a lean protein can help you feel like a genius for beginning the day with a healthy meal.

Dairy products like yogurt and low-fat cheese are delicious and nutritious for breakfast. Of course low-fat or non-fat

milk is a wise addition to any meal of the day. Fruit is a classic addition to a healthy breakfast. Whether it is citrus fruit, apples, pears, or even watermelon, it is always smart to add a splash of bright color to breakfast with fruit.

There’s one important food group that intelligent people add to their breakfast: vegetables. Spinach, mushrooms and bell peppers are tasty additions to scrambled eggs. There are tomatoes and other vegetables in the salsa you put on a breakfast burrito. Sweet potatoes are a nutritious and delicious alternative to white potatoes.

A good breakfast needs a winning combination of healthy ingredients. Taking time for breakfast is the smart way to move to the front of the class at school and in life. That is what we hope everyone learns during School Breakfast Week 2018.

Oatmeal—A Recipe for Success:

Oatmeal is a classic, healthy breakfast dish that is enjoyed by many. Not only is it rich in fiber and other nutrients, it is also relatively inexpensive and easy to make. Try this Apple Cinnamon Oatmeal recipe at home

- 1 cup water
- 1/2 cup 2% milk
- 1 tablespoon brown sugar
- 1 small apple, diced
- 1/2 cup whole rolled oats
- 1/2 teaspoon ground cinnamon
- In a small saucepan, boil the water. Add the oats, lower the heat to medium-low and cook covered for about 5-8 minutes.
- In the mean time heat a small saucepan on medium-low. Add apples, brown sugar and cook for about 2 minutes.
- Add apple mixture to oatmeal. Stir in the milk and cinnamon. Spoon into a bowl and serve!

Cold Lunch Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of Mar. 1st, 19th	Grilled Cheese Sandwich	Italian Sandwich	Meatball Sub	Grilled Chicken Club	Turkey & Cheese Sandwich
Week of Mar. 5th & 26th	Grilled Cheese Sandwich	Italian Sandwich	Meatball Sub	Grilled Chicken Club	Turkey & Cheese Sandwich