



Menus are Subject to Change without Notice.

**Friday, March 1**

**Breakfast**  
Yogurt; WG Muffin

**Lunch**  
BBQ Chicken Nuggets Or  
Chicken Broccoli Alfredo  
Fresh Baked Potato  
Seasoned Green Peas  
Assorted Fruit Choices  
Bakery Dinner Roll



**Celebrate Reading!**



Celebrate "Read Across America", Eat ABC Chicken Nuggets on 3/5 & You May Win a Free Book!



**National School Breakfast Week**

**March 4-8, 2013**

**RUNNING ON EMPTY?**

A good breakfast gives you the fuel you need to accelerate into your day and excel all morning long! For a healthy breakfast, try to include whole grains and fresh fruit. Next school year, we'll be serving up more of these items, too, when the new School Breakfast guidelines take effect.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!**

**Monday, March 4**

**Breakfast**  
Turkey Sausage WG  
Breakfast Square  
Fruit Cup of Choice

**Lunch**  
Hot Dog / WG Bun  
With/without Chili Or  
Meatballs w/ Cheese on  
Whole grain HD Bun  
Baked Beans  
Crunchy Cole Slaw  
Assorted Fruit Choices

**Tuesday, March 5**

**Breakfast**  
Canadian Bacon, Egg, &  
Cheese "LCS McMuffin";  
Apple Slices

**Lunch**  
Celebrate Reading with  
**ABC Chicken Nuggets**  
Or Sliced Ham  
Creamy Mashed Potatoes  
Seasoned Green Beans  
Assorted Fruit Choices  
Fresh Baked Wheat Roll  
**Win a Chance for a Free Book!**

**Wednesday, March 6**

**Breakfast**  
Cereal; Grahams  
Fresh Banana

**Lunch**  
Assorted Pizza Wedge  
Or PBJ Uncrustable  
Garden Salad w/shr.carrots  
& Cherry Tomatoes  
Steamed Capri Vegetables  
Bag of Sliced Fresh Apples

**Thursday, March 7**

**Breakfast**  
We "Love" Breakfast  
Chicken Nuggets  
Cinnamon Baked Apples

**Lunch**  
Turkey Vegetable Soup  
Toasted Cheese Sandwich  
Fresh Baby Carrots w/dip  
Assorted Fruit Choices



**Friday, March 8**

**Breakfast**  
Yogurt; Blueberry Muffin;  
Fresh Orange Smiles

**Lunch**  
Pork Chop/ WG Bun Or  
Turkey & Cheese /WG Bun  
Crispy Oven Fries  
Broccoli w/ Cheese  
Assorted Fruit Choices

**MARCH 4-8, 2013 "Be a Star with School Breakfast"**

Choice of milk served with all complete meals: Skim & 1% white for breakfast and white & flavored milk for lunch

100% Fruit Juice is served with every Breakfast. Cereal is available every day.

"Offer vs. Serve" - Students may decline 1 item for breakfast and 1 or 2 items for lunch if they choose. Prices remain the same whether the full meal is chosen or an items is declined.

Please check with your cafeteria manager if your child has any dietary concerns.

**DON'T FORGET TO SPRING FORWARD ON MARCH 10!**



**Monday, March 11**

**Breakfast**  
Turkey Sausage WG  
Breakfast Square

**Lunch**  
Chicken Fillet / WG Bun  
Or Texas BBQ/ WG Bun  
Baked Fresh Sweet Potato  
Steamed Fresh Cabbage  
Sliced Peaches

**Tuesday, March 12**

**Breakfast**  
French Toast Sticks;  
Seasonal Fruit

**Lunch**  
Popcorn Chicken  
Or Sliced Ham  
Creamy Mashed Potatoes  
Seasoned Green Peas  
Fresh Orange Wedges  
Fresh Baked Wheat Roll

**Wednesday, March 13**

**Breakfast**  
Cereal; Grahams

**Lunch**  
Cheese Pizza Wedge Or  
Turkey & Cheese Sandwich  
Fresh Romaine Greens  
with Cherry Tomatoes  
Oven Baked French Fries  
Bag of Sliced Fresh Apples

**Thursday, March 14**

**Breakfast**  
Chicken Biscuit

**Lunch**  
100% Local Beef  
Cheeseburger/ WG Bun Or  
Honey BBQ Rib/ WG Bun  
Baked Beans  
Celery/Carrot Sticks w/dip  
Diced Pears

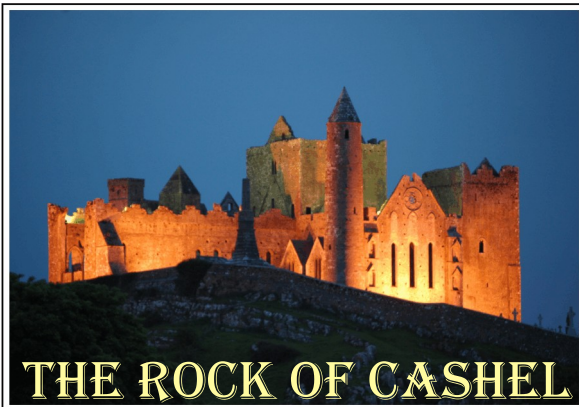
**Friday, March 15**

**Breakfast**  
Turkey Bacon Cheese  
Toast; Fruit of Choice

**Lunch**  
Crispy Corn Dog Or  
WG Fish Sticks  
Oven Roasted  
Baby Red Potatoes  
Steamed Broccoli  
Applesauce



# ◆ WONDERS OF THE WORLD ◆



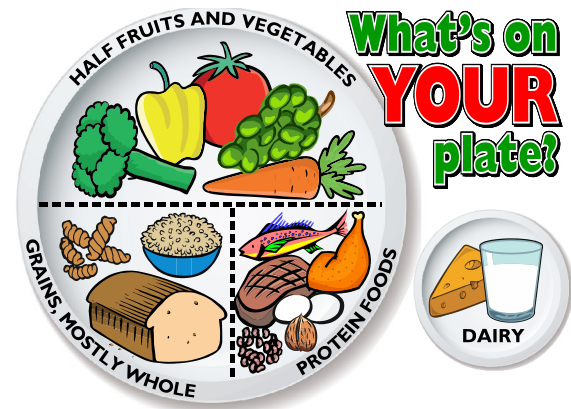
The Rock of Cashel, also known as St. Patrick's Rock, is a historic site in South Tipperary, Ireland, where, according to legend, the Irish King was converted by St. Patrick in the 5th century. It is one of the most incredible examples of medieval architecture and art in all of Europe.

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**St. Patrick's Day**

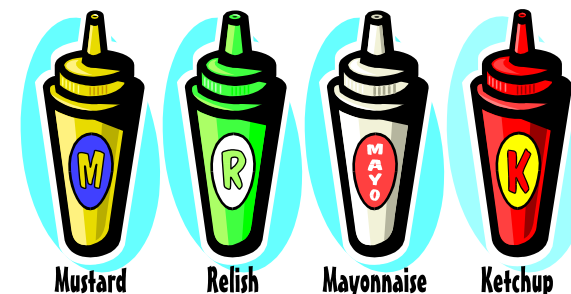
**We're Celebrating St. Patrick's Day on Tuesday, March 19th, with Shamrock Chicken Nuggets and a drawing for a Leprechaun's Pot O' Gold Hat!**

**Be sure to get in on the fun and eat school lunch on 3/19/13!**



## Crazy Condiments!

"Condiments" are foods that you put on other foods, like the popular condiments pictured below. Of these four, three contain almost no fat and one contains pretty much nothing BUT fat. Do you know which of these condiments is not like the others?



\*Regular mayo is nearly all fat, although reduced fat and nonfat versions are also available.

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)

**Monday, March 18**

**Breakfast**  
Turkey Sausage WG  
Breakfast Square  
Fruit of Choice

**Lunch**  
Pork Chop /WG Bun Or  
Chicken Fillet/ WG Bun  
Fresh Baked Potato  
Cucumbers Slices &  
Cherry Tomatoes w/dip  
Assorted Fruit Choices

**Tuesday, March 19**

**Breakfast**  
Canadian Bacon & Cheese  
on Bakery Roll

**Lunch**  
Celebrate St Patty's Day w/  
**Shamrock**  
Chicken Nuggets  
Or Sliced Ham  
Creamy Mashed Potatoes  
Orange Glazed Carrots  
Assorted Fruit Choices  
Fresh Baked Wheat Roll

Win a Leprechaun Hat!

**Wednesday, March 20**

**Breakfast**  
Cereal; Grahams  
Fresh Banana

**Lunch**  
Assorted Pizza Wedge  
Or PBJ Uncrustable  
Garden Salad w/shr.carrots  
& Cherry Tomatoes  
Steamed Capri Vegetables  
Bag of Sliced Fresh Apples

**Thursday, March 21**

**Breakfast**  
We "Love" Breakfast  
Chicken Nuggets  
Cinnamon Baked Apples

**Lunch**  
Spaghetti w/Meat Sauce or  
BBQ Chicken Nuggets  
Turnip Greens  
Fresh Baby Carrots w/dip  
Assorted Fruit Choices  
Garlic Toast

**Friday, March 22**

**Breakfast**  
Yogurt; Blueberry Muffin;  
Fresh Orange Smiles

**Lunch**  
Honey BBQ Rib/ WG Bun  
Or Turkey & Cheese on  
WG Bun  
Black-eyed Peas  
Corn on Cob  
Assorted Fruit Choices

**Monday, March 25**

Professional Development  
Day

Students Do Not Attend

**Tuesday, March 26**

**Breakfast**  
French Toast Sticks;  
Seasonal Fruit

**Lunch**  
Oven Roasted Chicken  
Or Sliced Turkey  
Creamy Mashed Potatoes  
Seasoned Green Beans  
Assorted Fruit Choices  
Fresh Baked Wheat Roll

**Wednesday, March 27**

**Breakfast**  
Cereal; Grahams

**Lunch**  
Assorted Pizza Wedge  
Or Deli Sandwich  
Fresh Romaine Greens w/  
Cherry Tomatoes  
Hot Vegetable of Choice  
Assorted Fruit Choices

**Thursday, March 28**

**Breakfast**  
Egg & Cheese Biscuit

**Lunch**  
Fresh Made Chicken Salad  
On WG Croissant or  
Ham & Cheese/WG Croissant  
Fresh Baked Sweet Potato  
Sliced Tomato & Lettuce  
Assorted Fruit Choices  
Bag of "Mookie" Grahams

**Friday, March 29**

**Breakfast**  
Turkey Bacon Cheese  
Toast; Fruit of Choice

**Lunch**  
Crispy Corn Dog Or  
WG Fish Sticks  
Oven Roasted  
Baby Red Potatoes  
Broccoli w/cheese  
Applesauce

**SPRING BREAK!**

Break begins at the end of classes:  
**Friday, March 29**

Classes resume:  
**Monday, April 8**

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