



Menus are Subject to Change without Notice.

Friday, March 1

Breakfast

Yogurt; WG Muffin

Intercession Lunch

BBQ Chicken Nuggets
Sweet Potato Fries
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?



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

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

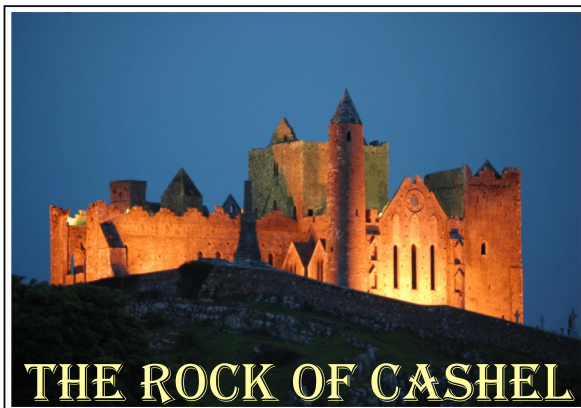
Turkey Bacon Cheese
Toast; Fruit of Choice

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.

♦ IRELAND



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?



A: Regular mayonnaise is nearly all fat, although reduced fat and nonfat versions are also available.

Learn more at www.CHOOSEMYPLATE.gov or 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

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