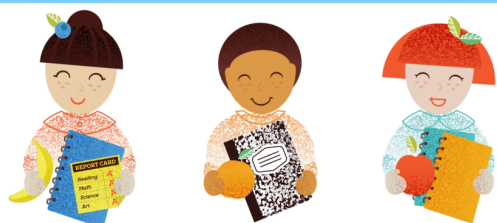


MENUS FOR MARCH 2015

Make the Gracie
with SCHOOL BREAKFAST



**Join us for National
School Breakfast Week
March 2-6, 2015**

MENUS ARE SUBJECT TO CHANGE

START FRESH WITH FRUIT!



Every complete Breakfast@School must include a serving of fruit. That's putting **FIRST THINGS FIRST!**

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

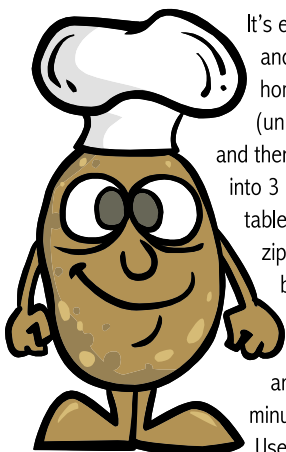
Lunch
Chicken Fillet/ WG Bun
Or Texas BBQ/ WG Bun
Crisp French Fries
Mixed Vegetables
100% Juice
Milk

Lunch
Crisp Corn Dog Or
PBJ Gramwich
Baby Carrots
Bag of Flavor Infused Raisins
Goldfish Crackers

- Please keep in touch with your cafeteria manager or call the School Nutrition Office at 515-5061 if you have any questions or concerns.



HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

Learn more at www.CHOOSMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 16

Breakfast
Cereal or (Bar); Goldfish;
Fruit; Juice; Milk

Lunch
Crispy Mini Corn Dogs Or
Meatballs w/ Cheese w/
Choice of "Buttered" Bread
Oven Baked French Fries
Mixed Vegetables
Assorted Fruit Choices
Milk

Tuesday, March 17

Breakfast NEW!
Cream Cheese Filled
Bagel Bites ; Fruit;
Juice; Milk

"Lucky" Lunch
Popcorn Chicken Or
Manager's Choice Entree
Creamy Mashed Potatoes
Green Peas
Assorted Fruit Choices
Fresh Baked Wheat Roll
Milk

St. Patty's Day Treat

Wednesday, March 18

Breakfast
French Toast Sticks;
Fruit; Juice; Milk

Lunch
Cheesy Pizza Sticks w/
Marinara Sauce
Or Deli Sandwich
Fresh Romaine Salad
w/cherry tomatoes
Black-Eyed Peas
Assorted Fruit Choices
Milk

Thursday, March 19

Breakfast
WG Breakfast Pizza;
Fruit; Juice; Milk

Lunch
Crisp Pork Chop /WG Bun or
Fresh Made Chicken
Salad/ WG Croissant
Creamy Sweet Potatoes
Seasoned Green Beans
Assorted Fruit Choices
Milk

Friday, March 20

Breakfast
Yogurt; Muffin;
Fruit; Juice; Milk

Lunch
Steak & Cheese/ WG Bun
Texas BBQ / WG Bun
Crisp Potato Wedges
Broccoli w/ cheese
100% Juice
Milk

Monday, March 23

Breakfast
Flapstick; Fruit
Juice; Milk

Lunch
Hot Dog/ WG Bun
w/wo Chili Or
Meatballs w/cheese/ WG Bun
Home-style Baked Beans
Cole Slaw w/extra carrots
Assorted Fruit Choices
Milk

Tuesday, March 24

Breakfast
Cereal or (Bar); Grahams
Fruit; Juice; Milk

Lunch
Chicken w/ Orange Sauce
Or Tender Sliced Turkey
Brown Rice
Steamed Broccoli
Glazed Carrots
Choice of "Buttered" Bread
Chocolate Chip Cookie
Milk

Wednesday, March 25

Breakfast
Chicken Biscuit;
Fruit; Juice; Milk

Lunch
Assorted Pizza Wedge
Or PB Jamwich
Tossed Garden Salad
w/Cherry Tomatoes & Carrots
Vegetable of Choice
Assorted Fruit Choices
Milk

Thursday, March 26

Breakfast
WG Breakfast Pizza;
Fruit; Juice; Milk

Birthday Lunch
Chicken Vegetable Soup
Toasted Cheese Sandwich
Or Deli Sandwich
Cucumber Wheels w/ dip
"Happy Birthday" Frozen
Juice Cup / Milk

Friday, March 27

Breakfast
Yogurt; Muffin;
Fruit; Juice; Milk

Lunch
Steak & Cheese /WG Bun
Or Crisp Pork Chop/ WG Bun
Crisp Potato Wedges
Green Beans
100% Juice
Milk

Monday, March 30

Professional Development
Day

Students do not Attend!

Tuesday, March 31

Breakfast
Cereal or (Bar); Grahams
Fruit; Juice; Milk

Lunch
Chicken Fillet/ WG Bun
Or Texas BBQ/ WG Bun
Crisp French Fries
Mixed Vegetables
Assorted Fruit Choices
Milk



PRINTED MENUS FOR MARCH

Visit www.lcsedu.net for your menu.

The School Nutrition Program will no longer provide a printed menu for every elementary student. We will provide each elementary school office with a limited number of menus for those students who are unable to print a copy for use at home.

No Fees! www.myschoolbucks.com

Place money on your children's accounts for meals and/or those "extra treats" they will enjoy. We offer **Ice-Cream** and other nutritious snack selections. All a la carte items meet new Federal Guidelines for "Smart Snacks". You may view your child's account balance and print your child's activity at no cost and add to your child's meal account via a credit card with no fees. *How Convenient!*

Easy, Smart, Secure

NUTRITION TO GO

Peanut Butter is a fantastic, healthy lunch or snack food that kids love! Look for varieties that contain less sugar. Indeed, there are many brands available now that are 100% peanuts -- or perhaps just peanuts with a dash of salt -- and no added sugar at all! Excellent Peanut Butter delivery methods include celery stalks and 100% whole wheat bread or crackers.

A TASTY MORSEL FOR PARENTS