"March comes in like a lion and goes out like a lamb!"



Choice of milk served with all complete meals: Skim milk & 1% white and flavored milk. Lactaid milk available to students who are lactose intolerant.

100% Fruit Juice plus 1/2 cup additional fruit is served with every Breakfast

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

Please check with your cafeteria manager or the School Nutrition Office if your child has any dietary concerns.

MENUS ARE SUBJECT TO CHANGE ~+++++++++

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!** 

### USDA is an equal opportunity provider and employer.

## Make & Gradé with SCHOOL BREAKFAST



**School Breakfast Week** March 2-6, 2015

#### Monday, March 2

#### **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 3

#### **Breakfast**

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

#### Lunch

Popcorn Chicken Or Tender Sliced Turkey Mashed Potatoes Glazed Carrots **Assorted Fruit Choices** Fresh Baked Wheat Roll Milk

#### Wednesday, March 4

#### **Breakfast**

Pillsbury Pancakes; Fruit; Juice; Milk

#### Lunch

Cheesy Pizza Sticks w/ Marinara Sauce Or Deli Sandwich Romaine Salad w/cherry tomatoes Hot Vegetable of Choice Assorted Fruit Choices Milk

#### Thursday, March 5

#### **Breakfast**

WG Breakfast Pizza: Fruit; Juice; Milk

#### **Brunch for Lunch**

Cheesy Scrambled Eggs w/Sausage Link (or Chicken Pattie) **Crisp Potato Coins** Baked Apples "Buttered" Toast Milk

#### Friday, March 6

#### **Breakfast**

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

#### Lunch

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

#### Monday, March 9

#### **Breakfast**

PB| Gramwich (or Grahams); Fruit; luice; Milk

#### Lunch

Cheeseburger/ WG Bun Or Beef BBO Rib/ WG Bun Sweet Potato Puffs Steamed Broccoli **Assorted Fruit Choices** Milk

#### Tuesday, March 10

#### **Breakfast**

Yogurt; Muffin; Fruit; Juice; Milk

#### Lunch

Chicken Nuggets Or Manager's Choice Entree Mashed Potatoes Green Beans **Assorted Fruit Choices** Fresh Baked Wheat Roll Milk

#### Wed., March II

#### **Breakfast**

Sausage Biscuit; Fruit; Juice; Milk

#### Lunch

Assorted Pizza Wedge Or PB Jamwich Tossed Garden Salad w/Cherry Tomatoes Home-Style Baked Beans **Assorted Fruit Choices** Milk

### Thursday, March 12

#### **Breakfast**

WG Breakfast Pizza; Fruit; Juice; Milk

#### Lunch

Spaghetti w/Meat Sauce Garlic Toast Or Meat & Cheese Deli Sandwich Golden Corn Turnip Greens **Assorted Fruit Choices** Chocolate Chip Cookie

Milk

#### Friday, March 13

#### **Breakfast**

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

#### Early Dismissal Lunch

Crisp Corn Dog Or PBI Gramwich **Baby Carrots** Bag of Flavor Infused Raisins Goldfish Crackers

#### **Account / Charge Procedures for Elementary Students**

- We encourage all parents to place money on their child's account—either online at My School Bucks or by check or cash. All students, whether approved for free, reduced, or full price lunch, enjoy extra money on their account for occasional treats. Be assured, all of our treats are nutritionally sound.
- We allow elementary students to charge up to 3 breakfasts & 3 lunches (\$10.20 maximum) if they forget to bring their money or when their account balance will not cover the cost of their
- If the charge limit has been reached and the parent has not made arrangements for his/her child, School Nutrition will provide an emergency snack consisting of a cheese sandwich or cheese crackers, fruit and a carton of white milk.
- Parents, please remember it is **your** responsibility to keep your child's account current. Make sure you place enough money on your child's account to cover the cost of his/her school meals **PLUS** any charges.
- Please keep in touch with your cafeteria manager or call the School Nutrition Office at 515-5061 if you have any questions or



## **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.CHOOSEMYPLATE.gov or

http://kidshealth.org/kid/stay\_healthy/food/pyramid.html

#### Monday, March 30 Tuesday, March 31



Professional Development Day

Students do not Attend!

#### Breakfast

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

#### Lunch

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

#### 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; **luice: Milk** 

### "Lucky" Lunch

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

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% luice Milk

#### Monday, March 23

#### **Breakfast**

Flapstick: Fruit luice; 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 lamwich 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

### 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.mvschoolbucks.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.

