

March

ELEMENTARY

Milk, Chef Salad, and a Grab N' Go will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Spaghetti with Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Corn Side Salad Fruit Cup	5 Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Fresh Apple	6 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Peach Crisp	7 Breakfast for Lunch Pancakes Sausage Emoji Fries Tropical Trio Slush Berries & Cream	8 Cheese Burger or BBQ Sub Basket with Fries Lettuce, Pickles, Tomatoes Fresh Baked Cookie Fresh Fruit

SPRING BREAK IS HERE!

18 Enjoy Your Day Off!	19 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple	20 Chicken & Waffles or Chicken Strips with Hot Roll Mashed Potatoes Glazed Carrots Fruit Salad	21 Stuffed Baked Potato with Hot Roll or Corn Dog Broccoli w/Cheese Tossed Salad Fruit Cup	22 Chicken Sandwich or Cheese Burger Basket with Fries Lettuce, Pickles, Tomatoes Fresh Baked Cookie Fresh Fruit
25 Chicken Alfredo with Garlic Bread or Choice of Pizza Side Salad Seasoned Vegetables Fruit Dessert	26 Quesadillas or Crisпитos Spanish Rice Pinto Beans Shredded Lettuce Chopped Tomatoes Homemade Salsa Fruit Cup	27 Crispy Chicken Drumstick or Steak Fingers Hot Roll Mashed Potatoes Street Corn Orange Smiles	28 Asian Bowl with Fried Rice or Popcorn Chicken Steamed Baby Carrots Seasoned Vegetables Fruit Salad	29 Enjoy Your Day Off!

How Sweet is Your Diet?

Are you careful about how much sugar you eat daily? If not, maybe you should be! Consuming too much sugar can lead to a lot of unwanted problems. Here are a few reasons to be more mindful when choosing a sugary treat over a savory one.

- Sugar does not provide you with energy! It is an empty calorie, so it doesn't add any value to our diet.
- Sugar intake can cause cavities! When it sits on your teeth, sugar causes decay more efficiently than any other food.
- Sugar can make you sick! It doesn't help our body fight off infections properly.



Breakfast

An option of cereal & toast and a choice of juice and milk are also offered every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 3/4 & 3/25	Pancakes	Breakfast Pizza	Pig in a Blanket	Pretzel Bites	Croissant
Week of 3/18	Breakfast Sweet Roll	Pancake Wrap	Breakfast Sandwich	Muffins w/ Yogurt	Biscuits & Sausage