Spring is on its way!

Spring into action with exercise!

Exercise is not only fun, it is also good for your body, mind, and overall well-being. Kids who exercise on a regular basis often do better in school, sleep better, don't feel as tired, are less likely to get hurt while exercising, and are stronger than less active children. Exercise also relieves stress and helps promote good behavior.

### Breakfast

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sausage Roll or French Toast</td>
<td>Scrambled Eggs w/ Toast &amp; Sausage, Bacon, or Ham</td>
<td>Breakfast Pizza or Sausage Biscuit</td>
<td>Cinnamon Roll or Pancake Wrap</td>
<td>Waffles or Muffin &amp; Yogurt</td>
</tr>
</tbody>
</table>

An option of Cereal & Toast, Fresh Fruit or Fruit Cup, and a Choice of Juice and Milk are also offered everyday.

### March Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 Boneless Wings with Hot Roll, Roasted Potatoes, Seasoned Vegetables, Fruit Cup</td>
<td>5 Soft Tacos, Lettuce &amp; Tomato, Charro Beans, Spanish Rice, Rainbow Pears</td>
<td>6 Soup, Sandwich, and Salad, Your choice of Soup and Sandwich with Fresh Salad, Baked Chips, Orange Pears</td>
<td>7 Pizza, Steamed Broccoli, Garden Fresh Salad, Berries &amp; Cream</td>
<td>8 Grab N' Go Sack Lunch</td>
</tr>
</tbody>
</table>

### Enjoy Your Spring Break!

18 Steak Fingers, Hot Roll, Mashed Potatoes, Sautéed Vegetable, Fruit Cup
19 Quesadillas, Lettuce & Tomato, Refried Beans, Spanish Rice, Fruit Cup
20 Fun Time Sack Lunch!, Choice of Sandwich, Baked Chips, Carrots, Fruit Juice, Fruit Cup
21 Italian Dippers, Seated Sweet Corn, Italian Salad, Colorful Apple Sauce
22 Hot Dog Basket with Fries, Lettuce with Pickles, Fresh Fruit
25 Chicken Pot Pie or French Toast, Fresh Garden Salad, Seasoned Vegetables, Fruit Cup
26 Crispitos, Lettuce & Tomato, Pinto Beans, Spanish Rice, Fruit Cup
27 Popcorn Chicken, Hot Roll, Mashed Potatoes, Seasoned Vegetables, Berries & Cream
287 Cheesy Bread Sticks w/ Marinara Sauce, Italian Salad, Steamed Vegetables, Banana Sundae
287 Corn Dog Basket with Fries, Lettuce with Pickles, Fresh Fruit

Rise and Shine! Start the day off right with a Healthy, Fun Breakfast! National School Breakfast Week is March 4th–8th, so come join us!