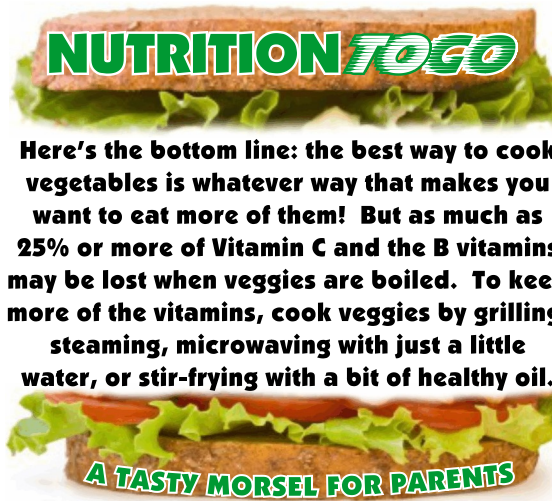


Menus for March 2017

**Homer-Center
Elementary**

This institution is an equal opportunity provider. Menus are subject to change.



Here's the bottom line: the best way to cook vegetables is whatever way that makes you want to eat more of them! But as much as 25% or more of Vitamin C and the B vitamins may be lost when veggies are boiled. To keep more of the vitamins, cook veggies by grilling, steaming, microwaving with just a little water, or stir-frying with a bit of healthy oil.

OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon?



Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!

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

Is there a Doctress in the house?

Sounds silly, doesn't it? But, believe it or not, that's what people used to call a female doctor! Just like a female poet was a "poetess" and a female professor was a "professoress." Do you think that the words "waitress" and "actress" will sound as silly to people in the future as "doctress" does to us now?



Wednesday, March 1

Breakfast

Cinnamon Bun
Pears

Lunch

Three Cheese Calzone
w/wo Dipping Sauce
Tossed Salad-Fresh Baby Carrots
Mixed Fruit

Double Chocolate Cookie

Alternate Entrees

Meatball Sub w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Thursday, March 2

Breakfast

French Toast Sticks
Sausage Patty-Pineapple

Lunch

Soft Taco
Lettuce & Tomato
Seasoned Broccoli
Buttered Noodles
Fresh Orange Quarters

Alternate Entrees

BBQ Rib w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Friday, March 3

Breakfast

Dutch Waffle
Mixed Fruit

Lunch

Toasted Cheese
on a Pretzel Bun
Creamy Tomato Soup
Seasoned Corn
Gold Fish Crackers
Pineapple Tidbits

Alternate Entrees

Corn Dog
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Monday, March 6

Breakfast

Ham & Cheese Bagel
Mandarin Oranges

Lunch

Oven Baked Chicken
Seasoned Green Beans
Red Skinned Mashed Potatoes
Dinner Roll
Chilled Peaches

Alternate Entrees

Hamburger w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Tuesday, March 7

Breakfast

Chocolate Chip Muffin Top
Applesauce

Lunch

Mr. Kapcoe's Class
French Toast Sticks
Sausage Links-Roasted Potatoes
Assorted Fruit Juice
Fresh Apple Slices

Alternate Entrees

Hot Dog w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Wednesday, March 8

Breakfast

Sausage Breakfast Pizza
Peaches

Lunch

Popcorn Chicken Bites
Oven Fries
Hobo Beans
Mixed Fruit
Cinnamon Churro

Alternate Entrees

Meatball Sub w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Thursday, March 9

Breakfast

Pancake & Sausage Stick
Pears

Lunch

Italian Panini Sandwich
Lettuce & Tomato
Onion Rings
Black Bean Salsa-Chips
Warm Spiced Apples

Alternate Entrees

BBQ Rib w/wo Bun
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Friday, March 10

Breakfast

Breakfast Donut
Pineapple

Lunch

French Bread Pizza
Seasoned Sweet Peas
Cinnamon Applesauce
Candy Cookie

Alternate Entrees

Corn Dog
Chicken Patty w/wo Bun
PBJ, Chef or Tuna Salad

Available Daily

Breakfast

Alternate Entrees: assort cold cereals, cereal bars & yogurt

Daily juice choices: orange, apple & grape

At breakfast...students MUST choose a fruit and two other menu items to qualify as a meal.

Additional items chosen above the four item limit will be charged ala carte.

Lunch

At lunch...students MUST choose a fruit or vegetable and two other menu items to qualify as a meal.

Additional items chosen above the five item limit will be charged ala carte.

Daily milk choices: 1% white, skim & fat free chocolate, strawberry & vanilla

