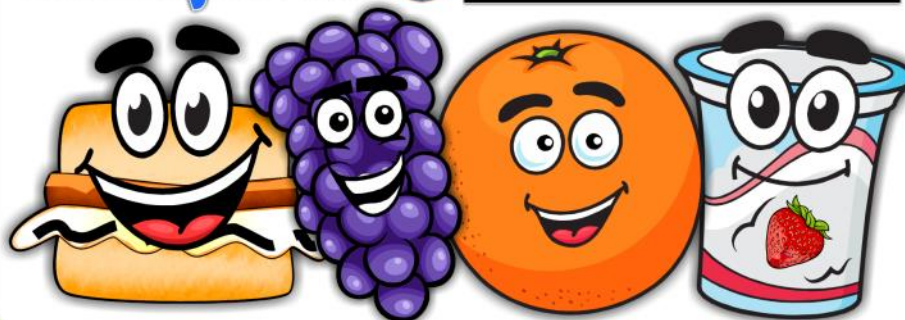




**Johnson City Schools**

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

come join us for **Breakfast@School**



**Spring Forward**



**Sunday, March 10**

**OFF THE CLOCK.**

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



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

**MARCH IS NATIONAL NUTRITION MONTH**



**Monday, March 18**

**Morning Nutrition**  
Grab and Go Choices  
Fruit, Juice, Milk

**National Sloppy Joe Day**  
Sloppy Joes on Bun  
Ice Cream

**Choose 1 from:**  
Assorted Fruit, OJ  
**Choose 1-2 from:**  
Corn, Assorted Veggies,  
Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Tuesday, March 19**

**Morning Nutrition**  
Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**  
Ham/Turkey/Cheese  
Munchable, Treat

**Choose 1 from:**  
Assorted Fruit  
**Choose 1-2 from:**  
Juice, Baby Carrots,  
Celery

**AfterSchool Snack**  
Grab and Go Choices

**Wednesday, March 20**

**Morning Nutrition**  
Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**  
Egg/Cheese Omelet  
Muffin

**Choose 1 from:**  
Fruit, Cooked Apples  
**Choose 1-2 from:**  
Emoji Fries, Assorted  
Veggies, Leafy Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Thursday, March 21**

**Morning Nutrition**  
Grab and Go Choices  
Fruit, Juice, Milk

**Crunchy Taco Day Lunch**  
Taco w trimmings, Salsa  
Mexican Rice, "Churros"

**Choose 1 from:**  
Assorted Fruit  
**Choose 1-2 from:**  
Juice, Refried Beans,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Friday, March 22**

**Morning Nutrition**  
Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**  
Class Choice—  
Schoolmade Pizza

**Choose 1 from:**  
Assorted Fruit, OJ  
**Choose 1-2 from:**  
Steamed Broccoli,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Monday, March 25**

**Morning Nutrition**  
Grab and Go Choices  
Fruit, Juice, Milk

**National Waffle Day**  
Popcorn Chicken  
Waffle

**Choose 1 from:**  
Assorted Fruit, OJ  
**Choose 1-2 from:**  
Sweet Potato Fries,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Tuesday, March 26**

**Morning Nutrition**  
Grab and Go Choices  
Fruit, Juice, Milk

**National Spinach Day**  
Lasagna with Meat Sauce  
Cheese Breadstick Bite

**Choose 1 from:**  
Assorted Fruit, Sorbet  
**Choose 1-2 from:**  
Steamed Broccoli,  
Assorted Veggies,  
**SPINACH** Salad

**AfterSchool Snack**  
Grab and Go Choices

**Wednesday, March 27**

**Morning Nutrition**  
Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**  
Tangerine Chicken  
Fried Rice, Fortune Cookie

**Choose 1 from:**  
Assorted Fruit  
**Choose 1-2 from:**  
Juice, Glazed Carrots,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Thursday, March 28**

**Morning Nutrition**  
Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**  
Bacon/Cheeseburger,  
trimmings, Baked Lays

**Choose 1 from:**  
Assorted Fruit  
**Choose 1-2 from:**  
Baked Beans, Corn,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**  
Grab and Go Choices

**Friday, March 29**

**Morning Nutrition**  
Grab and Go Choices  
Fruit, Juice, Milk

**Lunch**  
Cheesy Bread w Marinara  
Dipping Cup

**Choose 1 from:**  
Assorted Fruit  
**Choose 1-2 from:**  
Juice, Green Beans,  
Assorted Veggies, Leafy  
Green Salad

**AfterSchool Snack**  
Grab and Go Choices