

Monday, March 5

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Cheese Breadsticks w
Marinara Dipping Cup
Choose 1 from:
Assorted Fruit, Juice
Choose 1-2 from:
Steamed Broccoli, Assorted
Veggies, Leafy Green
Salad

AfterSchool Snack
Grab and Go Choices

Tuesday, March 6

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Potato Soup, Goldfish
Crackers, Cheese Toast
Choose 1 from:
Assorted Fruit, Sorbet
Choose 1-2 from:
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices

Wednesday, March 7

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
BBQ Bacon Chicken
Sandwich
Choose 1 from:
Assorted Fruit, OJ
Choose 1-2 from:
Sweet Potato Fries,
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices

Thursday, March 8

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Hot Dog on Bun, trimmings

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

AfterSchool Snack
Grab and Go Choices

Friday, March 9

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Munch-able Lunch
Sliced Turkey and Cheese
Cheez-its Crackers
Choose 1 from:
Apple Wedges
Choose 1-2 from:
Baby Carrots
Mini-Rice Krispie Treat

AfterSchool Snack
Grab and Go Choices

NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside - about 200 seeds per berry!

A QUICK BITE FOR PARENTS

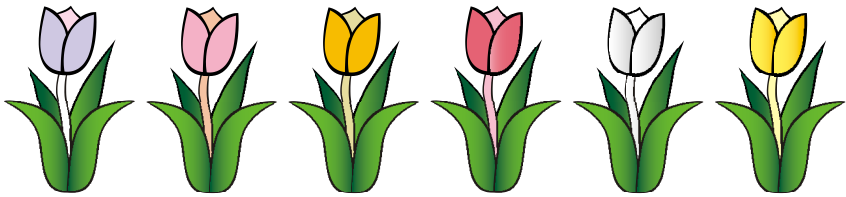
MELTING AWAY.



Chocolate and hearts go together this time of year. And, yes, a little dark chocolate now and then can even be good for you. But scientists warn that the prime cocoa growing areas of the world could be too warm to grow the crop by as soon as 2050.

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

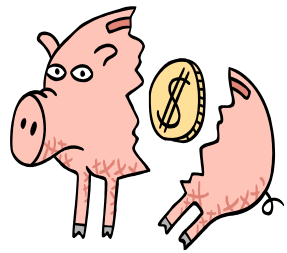
SPRING BREAK



Break begins at the end of classes:
Friday, March 9
Classes resume:
Monday, March 19



Every complete meal we serve comes with your choice of milk!
Choose milk IF you plan to drink it.



Don't Break the Bank!

Be pro-active to keep money in your school meals account. An easy way is to use www.myschoolbucks.com. Set low balance notifications, automatic payments, and more!

Monday, March 19

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Pizza

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

AfterSchool Snack
Grab and Go Choices

Tuesday, March 20

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Smoked Pork Nachos

Choose 1 from:
Fruit,, Cooked Apples
Choose 1-2 from:
Corn, Assorted Veggies,
Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Wednesday, March 21

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Breaded Chicken Sandwich

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

AfterSchool Snack
Grab and Go Choices

Thursday, March 22

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Corn Dog Nuggets

Choose 1 from:
Assorted Fruits, Juice
Choose 1-2 from:
Baked Beans, Assorted
Veggies, Leafy Green Salad

AfterSchool Snack
Grab and Go Choices

Friday, March 23

Breakfast
Breakfast Choices
Fruit, Juice, Milk

Lunch
Taco Pocket
Mexican Rice, Salsa
Choose 1 from:
Assorted Fruit, Sorbet
Choose 1-2 from:
Assorted Veggies, Leafy
Green Salad

AfterSchool Snack
Grab and Go Choices



Make MyTray Healthy!

All School Meal Customers Must Choose:

1 Juicy Fruit OR 1 Colorful Vegetable & 2-4 Additional Different Food Group Choices