

**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

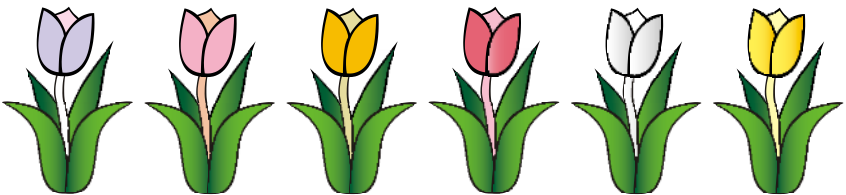
**AfterSchool Snack**  
Grab and Go Choices

**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**

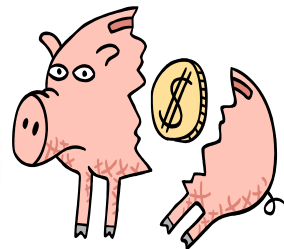
**SPRING BREAK**



**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](http://www.myschoolbucks.com). Set low balance notifications, automatic payments, and more!

**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!**

**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

**FUN, FUN, FUN! (& FOOD)**

**Additional choices at Indian Trail :**

A cold sandwich choice and "Munch-able" snack packs along with:

**Monday- Pizza OR Bacon Cheeseburger**

**Tuesday- Philly Beef/Cheese OR Brd Chicken Filet**

**Wednesday-Pizza OR Hot Dog on Bun**

**Thursday-Walking Taco OR Chicken Mini Slider/Lays**

**Friday- Pizza OR BBQ on Bun**