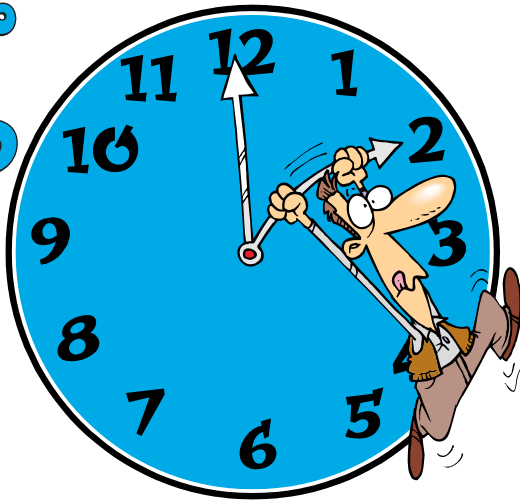


**DON'T FORGET TO  
SPRING  
FORWARD  
ON MARCH 14!**

**Menus for  
March 2010  
Johnson City**

*This institution is an equal opportunity  
provider and employer.*



**March 2 is the Birthday  
of Dr. Seuss!**



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**School Breakfast  
ready SET GO!  
NATIONAL SCHOOL BREAKFAST WEEK  
MARCH 8-12, 2010**

**LEARN EASIER**

Eating a good breakfast is possibly the single most important daily step you can take to make learning easier. Every important learning skill improves when kids eat breakfast, including alertness, memory, focus, even the energy needed to stay awake and participate in class. Kids who eat breakfast have a much better chance to succeed in school.



**EAT BETTER**

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

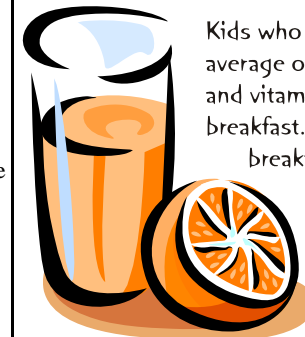
**OATMEAL**

Oatmeal is an excellent source of B vitamins, as well as vitamin E, iron, zinc, and calcium. Instead of choosing the pre-packaged stuff, which often contains added sugar, add your own extras to jazz it up - walnuts, berries, a banana, a little honey, raisins, cinnamon.



**LIVE HEALTHIER**

Kids who skip breakfast get an average of 40 percent less calcium and vitamin C than kids who eat breakfast. Getting calcium at breakfast is especially important for growing adolescents, because nearly half of adult bone mass is formed between the ages of 9 and 18.



**Monday, March 1**

**Breakfast**  
Yogurt  
Assorted Cereal  
Juice, Milk

**Lunch—Choice of 1**  
Taco Salad, Beans/Rice  
**OR** Deli Turkey Sub/works  
**Choose 2 from:**  
Corn Coblette, Tossed Salad, Assorted Fruit, Juice  
**Served with All Meals:**  
Milk

**Educare Snack:**  
Chicken Tenders, Milk

**Tuesday, March 2**

**Breakfast**  
Cheese Toast  
Assorted Cereal  
Juice, Milk

**Dr. Seuss' Birthday**

**Lunch**  
Green Eggs and Ham  
Blueberry Muffin  
**Choose 2 from:**  
Tossed Salad, Assorted Fruit, Juice  
**Served with All Meals:**  
Milk, 1 2 Red Blue Fish

**Educare Snack:**  
Apple Wedges, Cheese, Juice

**Wed., March 3**

**Breakfast**  
Cinnamon Biscuit  
Assorted Cereal  
Juice, Milk

**Lunch—Choice of 1**  
Hamburger, works, Bun  
**OR** Cheesesteak Sub  
**Choose 2 from:**  
Potato Rounds, Tossed Salad, Assorted Fruit, Juice  
**Served with All Meals:**  
Milk

**Educare Snack:**  
Cereal Treat, Milk

**Thursday, March 4**

**Breakfast**  
Pancake, syrup  
Assorted Cereal  
Juice, Milk

**Lunch**  
Turkey and Dressing, Roll  
**Choose 2 from:**  
Mashed Potatoes, Tossed Salad, Assorted Fruit, Juice  
**Served with All Meals:**  
Milk

**Educare Snack:**  
Chicken Biscuit, Juice

**Friday, March 5**

**Breakfast**  
Oatmeal and Options  
Assorted Cereal  
Juice, Milk

**Lunch**  
Beef Teriyaki, Rice, Egg Roll  
**Choose 2 from:**  
Broccoli, Tossed Salad, Assorted Fruit, Juice  
**Served with All Meals:**  
Milk

**Educare Snack:**  
Yogurt, Graham Snack

**Monday, March 8**

**Breakfast**  
Cinnamon Toast  
Assorted Cereal  
Juice, Milk

**Lunch—Choice of 1**  
Grilled Chicken Patty, Bun  
**OR** Beef/Cheese Fajita  
**Choose 2 from:**  
Corn Coblette, Tossed Salad, Assorted Fruit, Juice  
**Served with All Meals:**  
Milk

**Educare Snack:**  
L'il Turkey Sub, Juice

**Tuesday, March 9**

**Breakfast**  
Muffin  
Assorted Cereal  
Juice, Milk

**Lunch—Choice of 1**  
Breaded Chicken, Roll  
**OR** Chili/Crackers  
**Choose 2 from:**  
Green Beans, Tossed Salad, Assorted Fruit, Juice  
**Served with All Meals:**  
Milk

**Educare Snack:**  
Mini-Burger, Juice

**Wed., March 10**

**Breakfast**  
Cereal Bar  
Assorted Cereal  
Juice, Milk

**Lunch—Choice of 1**  
Pork BBQ, Bun, Slaw  
**OR** Toasted Cheese  
**Choose 2 from:**  
Potato Rounds, Tossed Salad, Assorted Fruit, Juice  
**Served with All Meals:**  
Milk

**Educare Snack:**  
Cereal, Milk

**Thursday, Mar. 11**

**Breakfast**  
Steak Biscuit  
Assorted Cereal  
Juice, Milk

**Lunch**  
Turkey Noodle Soup, Cheese Breadstick  
Frito Lay Chips  
**Choose 2 from:**  
Fruited Jello, Tossed Salad, Assorted Fruit, Juice  
**Served with All Meals:**  
Milk

**Educare Snack:**  
Cheese, Crackers, Juice

**Friday, March 12**

**Breakfast**  
Yogurt  
Assorted Cereal  
Juice, Milk

**Lunch**  
Pizza  
**Choose 2 from:**  
Steamed Broccoli, Tossed Salad, Assorted Fruit, Juice  
**Served with All Meals:**  
Milk

**Educare Snack:**  
Small Pizza, Juice