



Q: What's the only common vegetable that's only sold fresh - never canned, frozen, cooked, or processed in any way?

A: Lettuce - can you imagine frozen or canned lettuce?

LEARN MORE AT WWW.KIDSHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML

PLAY HARDER

Some parts of the United States get 20 feet of snow every year and others never get a flake. But whether winter in your town means lots of the white stuff or just cooler temperatures for a few months, your opportunities for having fun outside are no doubt different than they are in summer. SO EMBRACE THE DIFFERENCE! Don't let winter stop you from getting out and moving around.



Parents can....

Deposit funds in their student's meal account any time!

View cafeteria purchases!

Track meal account balances!

Set up low-balance e-mail reminders!

Schedule recurring payments!



Go to mySchoolBucks.com

All school meals are "pay as you eat" or pay in advance. Charging of meals is allowed only in extreme or emergency situations.



MARCH 17
Follow a Rainbow to a Pot o' Gold!

Available Daily

To assure your entrée choice is available—be in class when your teacher takes the count, be informed of your choices and order carefully, and then take the correct choice when in line. If you are tardy, ask the office to turn in your choice to the cafeteria.

Although it happens rarely, menus may change due to unforeseen delivery or availability issues

Monday, March 15

Breakfast
Cheese Toast
Assorted Cereal
Juice, Milk

Lunch
Baked Potato Bar & Chili,
Cheese, Broccoli/Cheese
Roll

Choose 2 from:
Tossed Salad, Assorted
Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Corn Dog Nuggets, Juice

Tuesday, March 16

Breakfast
Cereal Bar
Assorted Cereal
Juice, Milk

Lunch—Choice of 1
Steak Biscuit, Yogurt
OR Chicken Biscuit,
Yogurt

Choose 2 from:
Tossed Salad, Cooked
Apples, Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Animal Crackers, Milk

Wed., March 17

Breakfast
Cinnamon Biscuit
Assorted Cereal
Juice, Milk

St. Patrick's Day Lunch
Chicken Salad Sandwich,
trimmings, Chips

Choose 2 from:
Tossed Salad, Assorted
Fruit, Juice

Served with All Meals:
Milk, Cupcake

Educare Snack:
Mini-Burger, Juice

Thursday, Mar. 18

Breakfast
Manager's Choice
Assorted Cereal
Juice, Milk

Lunch—Choice of 1
Pasta/Meat Sauce/Cheese
Bread Stick **OR** BBQ
Sandwich, Slaw

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

Educare Snack:
Small Pizza, Juice

Friday, March 19

Breakfast
Cherry Muffin
Assorted Cereal
Juice, Milk

Lunch
Turkey Pot Pie **OR**
Yogurt, Cheese
Roll

Choose 2 from:
Fruited Jello, Tossed
Salad, Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Cereal Treat, Milk

Monday, March 22

Breakfast
Yogurt
Assorted Cereal
Juice, Milk

Lunch—Choice of 1
Brd Chicken Patty, Bun
OR Chili/Crackers

Choose 2 from:
Tossed Salad, Assorted
Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Cheese Breadstick, Juice

Tuesday, March 23

Breakfast
Muffin
Assorted Cereal
Juice, Milk

Lunch—Choice of 1
Pizza **OR**
Chicken/Cheese Fajita

Choose 2 from:
Green Peas, Tossed Salad,
Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Graham Snacks, Yogurt

Wed., March 24

Breakfast
Cheese Toast
Assorted Cereal
Juice, Milk

Lunch
Pinto Beans, Country Ham
Biscuit

Choose 2 from:
Slaw, Corn Cobbette,
Tossed Salad, Assorted
Fruit, Juice
Served with All Meals:
Milk, Banana Pudding

Educare Snack:
L'il Turkey Sub, Juice

Thursday, Mar. 25

Breakfast
Cinnamon Toast
Assorted Cereal
Juice, Milk

Lunch
BBQ Chicken Nuggets
WW Roll

Choose 2 from:
Green Beans, Tossed Salad,
Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Cheese Quesadilla, Juice

Friday, March 26

Breakfast
Graham Snacks
Assorted Cereal
Juice, Milk

Lunch
Turkey/Ham Deli Wrap
Pretzels

Choose 2 from:
Pasta Salad, Tossed Salad,
Assorted Fruit, Juice
Served with All Meals:
Milk

Educare Snack:
Cereal Bar, Milk