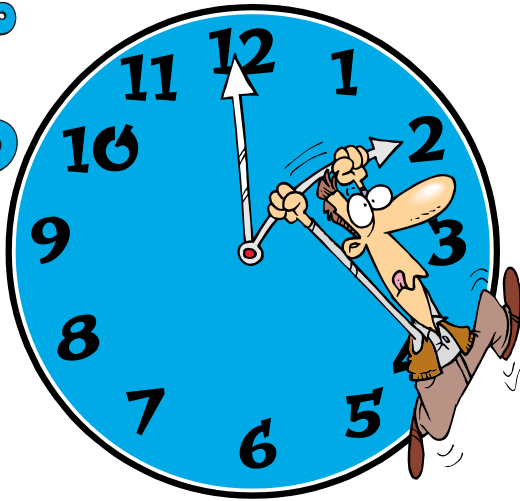


**DON'T FORGET TO
SPRING
FORWARD
ON MARCH 14!**

**Menus for
March 2010
Breakfast**

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



Like to read?



Don't keep it
under your hat!

March 2 is Dr. Seuss's
Birthday & "Read
Across America" Day

School Breakfast



**NATIONAL SCHOOL BREAKFAST WEEK
MARCH 8~12, 2010**

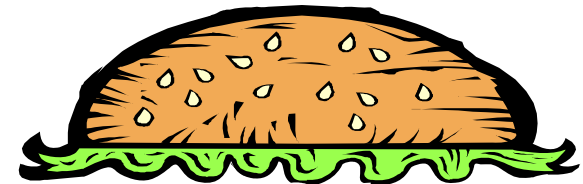
Monday
Pancake on a Stick Cereal Muffin Cheese Stick Milk and/or Juice

Tuesday,
Sausage, Egg, Cheese Muffin Cereal Muffin Cheese Stick Milk and/or Juice

Wednesday
French Toast or Waffles Cereal Muffin Cheese Stick Milk and/or Juice

Thursday
Breakfast Pizza Cereal Muffin Cheese Stick Milk and/or Juice

Friday,
Hot Entree Cereal Muffin Cheese Stick Milk and/or Juice



NUTRITION TO GO

Condiments can dramatically change the fat content of a sandwich. Just one tablespoon of real mayonnaise adds 100 calories and 11 grams of fat to a sandwich (that's 17% of the recommended daily fat maximum). The same amount of mustard adds just 10 calories and less than 1 gram of fat.

A TASTY MORSEL FOR PARENTS



**MARCH
BIRTHDAYS**



Dr. Seuss (Ted Geisel) -- Mar. 2
Harriet Tubman -- Mar. 10
Justin Bieber (16) -- Mar. 14
Johann Sebastian Bach -- Mar. 21
Peyton Manning (34) -- Mar 23
Lady Gaga (24) -- Mar. 28

**FRUIT
Cherries**

Cherries provide a good amount of fiber and vitamin C, and they're also high in a substance called "melatonin," which bolsters the immune system. Research has also shown that many heart attack victims suffer from low levels of melatonin.

OF THE MONTH

Available Daily

Breakfast \$1.30
Additional milk
or Juice \$.50

Checks to: Saline
Area Schools
Include student ID
Credit Cards
www.lunchdeposit.com



Questions
429-8045

Menus subject
to change



**BREAK
AN EGG.**

Hey, why do you think it's called BREAKfast? A breakfast sandwich of an egg, a slice of lean ham, and a piece of cheese on a whole-wheat English muffin, with an orange and lowfat milk, provides a delicious variety of foods, and only about 550 calories. Keeps you feeling full, too. Enjoy!

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