

Tuesday, March 1

Breakfast

Muffins, Juice, Milk

Lunch

Fish Sandwich, Cole Slaw, Corn on Cob, Orange Slices, Milk

Wednesday, March 2

Breakfast

Yogurt, Bagels, Egg Patties, Milk

Lunch

Cheeseburger, Lettuce & Tom., Potato Salad, Fresh Apple Slices, Milk

Thursday, March 3

Breakfast

Sausage Patties, Biscuit, Hash Browns, Juice, Milk

Lunch

Chef Salad w/Ham & Turkey, Tomatoes, Carrots, Wheat Roll, Grapes, Milk

Friday, March 4

Breakfast

Donuts, Orange Slices, Milk

Lunch

Hot Dogs, Mixed Fruit, Baked Beans, Seasoned Fries, Milk

wake up!



Monday, March 7

Breakfast

Breakfast Pizza, Juice, Milk

Lunch

Chicken Nuggets, Wheat Roll, Broccoli, Yellow Rice, Sliced Oranges, Milk

Tuesday, March 8

Breakfast

French Toast Sticks, Sausage Patties, Blueberries, Milk

Lunch

Pepperoni Pizza, Peaches, Kernel Corn, Tossed Salad, Milk

Wednesday, March 9

Breakfast

Breakfast Burritos, Juice, Milk

Lunch

PBJ Sandwich, Fresh Apples, Carrot Sticks, Sun Chips, Milk

EARLY

Thursday, March 10

Breakfast

Raisin Toast, Applesauce, Egg Omelette, Hash Browns, Milk

Lunch

Hamburger w/ Lettuce & Tom., Mixed Fruit, Potato Salad, Milk

Friday, March 11

Breakfast

Flapsticks, Juice, Milk

Lunch

Tuna Salad on Spring Salad Greens, Cucumber Slices, Wheat Roll, Grapes, Milk

Join us for National School Breakfast Week March 7-11, 2016

SQUEEZED FOR TIME?

Up to 30% of kids skip breakfast every school day. Even if your mornings are frantic, you'll feel better all day and do better in school, too, if you've had a balanced, nutritious breakfast!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

NUTRITION 7050

Stew is any combination of food cooked slowly in simmering liquid. Stew was one of the first forms of cooked food – stew recipes are found in the oldest existing "cookbook." Stew smells amazing when it's slow-cooking, and eating a bowl of hot stew warms us up on a raw and blustery late winter or early spring day, too!



