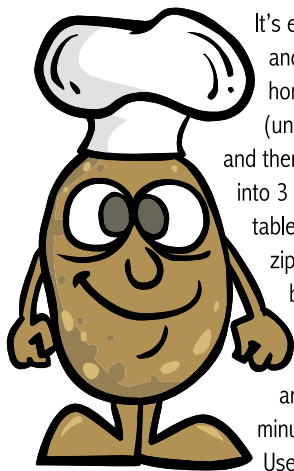


HEALTHY SPUDS!



It's easy and fun to make healthy and delicious "french fries" at home. Cut a medium potato (unpeeled) in quarters lengthwise, and then slice each quarter lengthwise into 3 or 4 fries. Toss with a tablespoon or two of olive oil in a zipped gallon bag, spread on a baking sheet (use parchment paper for easier clean up), sprinkle with salt and pepper, and bake at 425 for about 20 minutes or until desired crispness. Use 2 potatoes for every 3 people.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

<p>Monday, March 23</p> <p><u>Breakfast</u> Biscuit, Sausage Patty, Blueberries, Milk</p> <p><u>Lunch</u> Beef & Bean Burrito, Yellow Rice, Peaches, Milk</p>	<p>Tuesday, March 24</p> <p><u>Breakfast</u> Breakfast Danish, Boiled egg, Milk, Juice</p> <p><u>Lunch</u> Cheeseburger, Let. & Tom., Fries, Pears, Milk</p>	<p>Wednesday, March 25</p> <p><u>Breakfast</u> Egg/Cheese Omelette, Hash browns, Raisin Toast, Applesauce, Milk, Juice</p> <p><u>Lunch</u> PBJ Sandwich, Apricots, Carrot sticks, Sun Chips EARLY</p>	<p>Thursday, March 26</p> <p><u>Breakfast</u> Bagel w/cream cheese, Yogurt, Milk, Juice</p> <p><u>Lunch</u> Chef Salad w/ Turkey, Ham, Cucumbers, Tomatoes, Dinner Roll, Applesauce,</p>	<p>Friday, March 27</p> <p><u>Breakfast</u> Muffins, Mixed fruit, Milk</p> <p><u>Lunch</u> Beef Tacos, Orange slices, Tossed salad, Corn, Milk</p>
<p>Monday, March 30</p> <p><u>Breakfast</u> Pop Tarts, Milk, Juice</p> <p><u>Lunch</u> Grilled Cheese Sandwich, Strawberries, Veggie Soup, Milk</p>	<p>Tuesday, March 31</p> <p><u>Breakfast</u> English muffin, Sausage Patty, Egg Patty, Parfait cups, Milk, Juice</p> <p><u>Lunch</u> Turkey on Pita Bread, Peaches, Green Salad, Carrot sticks,</p>	<p>Cook's Choice</p> <p>MENUS ARE SUBJECT TO CHANGE</p>		