

# March

SECONDARY

Spring Is On Its Way!



**SPRING INTO ACTION WITH EXERCISE!**

Exercise is not only fun, it is also good for your body, mind, and overall well-being. Students who exercise on a regular basis often do better in school, sleep more soundly, and are stronger. Exercise also relieves stress and helps promote good behavior.

*RISE and SHINE!*

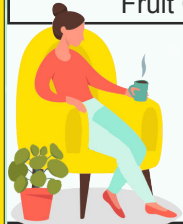
Start the day off right with a healthy breakfast!  
**National School Breakfast week is March 6-10,**  
 so come join us!

Monday	Tuesday	Wednesday	Thursday	Friday
February 27 Lasagna with Breadstick or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	Febryary 28 Tacos or Crisпитos Rice and Beans Homemade Salsa Fresh Salad w/ Toppings Fresh Orange	1 Steak Fingers Chicken Nuggets Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Cinnamon Apple Sauce	2 Stuffed Baked Potatoes with Hot Roll or Hot Dog with Chips Steamed Broccoli Fresh Salad w/ Toppings Frozen Fruit Treat	3 Cheese Burger or BBQ Sub Basket with Fries Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit
6 Chicken Alfredo with Hot Roll or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Dessert	7 Totchos or Crisпитos Pinto Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fruit Cup	8 Meatloaf or Chicken Strips with Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Berries & Cream	9 Asian Bowl with Fried Rice or Popcorn Chicken Seasoned Vegetables Fresh Salad w/ Toppings Fruit Salad	10 Chicken Sandwich or Cheese Burger Basket with Fries Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit
13 Spaghetti with Meat Sauce & Garlic Bread or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	14 Nachos Refried Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apples	15 Country Bowl or Country Bucket Hot Roll Steamed Vegetables Fresh Salad w/ Toppings Fruit Cup	16 Corn Dog or Crispy Chicken Wrap with Chips Seasoned Corn Fresh Salad w/ Toppings Frozen Fruit Treat	17 Chicken Burger or BBQ Sub Basket with Fries Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit

## SPRING BREAK IS HERE!

27 Chicken Spaghetti with Breadsticks or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Strawberries and Cream	28 Tacos or Crisпитos Pinto Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Pineapple	29 Boneless Wings or Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Colorful Pears	30 Hot Dog with Chips or Beefy Cheesy Mac with Texas Toast Seasoned Corn Fresh Salad w/ Toppings Fruit Cup	31 Cheese Burger or Chicken Sandwich Basket with Fries Fresh Salad w/ Toppings Fresh Baked Cookie Fresh Fruit
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Milk, a Chef Salad, and an Uncrustable Grab N' Go will also be offered.



Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
Week of 2/27 & 3/13 & 3/27	Waffles	Breakfast Pizza	Bacon & Eggs w/ Toast	Breakfast Taco	Ham & Cheese Croissant
Week of 3/6 & 3/20	Breakfast Sweet Roll	Pancake Wrap	Eggs & Sausage w/ Toast	Muffins w/ Yogurt	Biscuits & Gravy

An option of cereal & toast, fresh fruit or fruit cup, and a choice of juice and milk are also offered every day.