

March

ELEMENTARY

Milk and a Grab N' Go will be offered with every meal.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| 4 Spaghetti w/ Meat Sauce and Garlic Toast or Choice of Pizza Seasoned Corn Salad Fruit Cup | 5 Nachos Refried Beans Tossed Salad Spanish Rice Homemade Salsa Fresh Apple | 6 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Peach Crisp | 7 Breakfast for Lunch Pancakes Sausage Emoji Fries Tropical Trio Slush Berries & Cream | 8 Cheese Burger or BBQ Sub Basket with Fries Lettuce, Pickles, Tomatoes Fresh Baked Cookie Fresh Fruit |
| 11 Lasagna with Breadstick or Choice of Pizza Seasoned Vegetables Garden Salad Fruit Cup | 12 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Pineapple | 13 Chicken & Waffles or Chicken Strips with Hot Roll Mashed Potatoes Glazed Carrots Fruit Salad | 14 Stuffed Baked Potato with Hot Roll or Corn Dog Broccoli w/Cheese Tossed Salad Fruit Cup | 15 Chicken Sandwich or Cheese Burger Basket with Fries Lettuce, Pickles, Tomatoes Fresh Baked Cookie Fresh Fruit |
| SPRING BREAK IS HERE! | | | | |
| 25 Chicken Alfredo with Garlic Bread or Choice of Pizza Side Salad Seasoned Vegetables Fruit Dessert | 26 Quesadillas or Crispitos Spanish Rice Pinto Beans Shredded Lettuce Chopped Tomatoes Homemade Salsa Fruit Cup | 27 Crispy Chicken Drumstick or Steak Fingers Hot Roll Mashed Potatoes Street Corn Orange Smiles | 28 Asian Bowl with Fried Rice or Popcorn Chicken Steamed Baby Carrots Seasoned Vegetables Fruit Salad | 29 Enjoy Your Day Off! |

How Sweet is Your Diet?

Are you careful about how much sugar you eat daily? If not, maybe you should be! Consuming too much sugar can lead to a lot of unwanted problems. Here are a few reasons to be more mindful when choosing a sugary treat over a savory one.

- Sugar does not provide you with energy! It is an empty calorie, so it doesn't add any value to our diet.
- Sugar intake can cause cavities! When it sits on your teeth, sugar causes decay more efficiently than any other food.
- Sugar can make you sick! It doesn't help our body fight off infections properly.



Breakfast

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

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------|----------------------|-----------------|--------------------|-------------------|------------------------|
| Week of 3/4 & 3/25 | Pancakes | Breakfast Pizza | Pig in a Blanket | Pretzel Bites | Ham & Cheese Croissant |
| Week of 3/18 | Breakfast Sweet Roll | Pancake Wrap | Breakfast Sandwich | Muffins w/ Yogurt | Biscuits & Gravy |