

March

SECONDARY

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

How Sweet is Your Diet?

Are you careful about how much added sugar you eat daily? If not, maybe you should be! Consuming too much added 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 is an empty calorie. Our body digest it quickly, so it is not providing us the necessary energy we need.
- Too much sugar can cause weight gain. Foods that quickly affect blood sugar contribute to a greater risk of obesity.
- Sugar intake can cause cavities! When it sits on your teeth, sugar causes decay more efficiently than any other food.
- Sugar can interfere with the way your body fights illness. Bacteria and yeast feed on sugar, so excess glucose in the body causes these organisms to build

Monday

4
Spaghetti with Meat Sauce and Toast or Choice of Pizza
Seasoned Corn
Fresh Salad w/ Toppings
Fruit Cup

Tuesday

5
Nachos
Refried Beans
Spanish Rice
Homemade Salsa
Fresh Salad w/ Toppings
Fresh Apple

Wednesday

6
Steak Fingers or Boneless Wings with Hot Roll
Mashed Potatoes
Seasoned Green Beans
Fresh Salad w/ Toppings
Fresh Fruit

Thursday

7
Breakfast for Lunch
Pancakes
Sausage
Emoji Fries
Fresh Salad w/ Toppings
Berries & Cream

Friday

8
Cheese Burger or BBQ Sub Basket
Lettuce, Pickles, and Tomatoes
Fresh Baked Cookie
Fresh Fruit

11
Lasagna with Breadstick or Choice of Pizza
Seasoned Vegetables
Fresh Salad w/ Toppings
Fruit Cup

12
Tacos
Lettuce & Tomatoes
Pinto Beans
Spanish Rice
Homemade Salsa
Fresh Salad w/ Toppings
Pineapple

13
Chicken & Waffles or Chicken Strips with Hot Roll
Mashed Potatoes
Seasoned Green Beans
Fresh Salad w/ Toppings
Peach Crisp

14
Stuffed Baked Potato with Hot Roll or Corn Dog
Broccoli w/ Cheese
Fresh Salad w/ Toppings
Fruit Cup

15
Chicken Sandwich or Cheese Burger Basket
Lettuce, Pickles, and Tomatoes
Fresh Baked Cookie
Fresh Fruit

SPRING BREAK IS HERE!

25
Chicken Alfredo with Garlic Bread or Choice of Pizza
Seasoned Vegetables
Fresh Salad w/ Toppings
Fruit Dessert

26
Quesadillas or Crisпитos
Spanish Rice
Pinto Beans
Homemade Salsa
Fresh Salad w/ Toppings
Fruit Cup

27
Crispy Chicken Drumstick or Steak Fingers with Hot Roll
Mashed Potatoes
Street Corn
Homemade Salsa
Fresh Salad w/ Toppings
Orange Smiles

28
Asian Bowl with Fried Rice or Popcorn Chicken
Seasoned Vegetables
Fresh Salad w/ Toppings
Fruit Salad

29
Enjoy Your Day Off!

Breakfast

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

Monday

Week of 3/4 & 3/25

Pancakes

Tuesday

Breakfast Pizza

Wednesday

Pig in a Blanket

Thursday

Pretzel Bites

Friday

Ham & Cheese Croissant

Week of 3/18

Breakfast Sweet Roll

Pancake Wrap

Breakfast Sandwich

Muffins w/ Yogurt

Biscuits & Gravy