

MARCH

Pre-Kindergarten

A choice of milk will be offered every day.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti with Meat Sauce Garlic Toast Seasoned Vegetables Fruit Cup	4 Nachos Refried Beans Tossed Salad Spanish Rice Fresh Apple	5 Breakfast for Lunch! Confetti Pancakes with Sausage or Fish Shapes Breakfast Potatoes Tropical Trio Slush Berries & Cream	6 Popcorn Chicken Hot Roll Mashed Potatoes Seasoned Corn Fruit Cup	7 Bacon Cheese Burger or Fish Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Baked Cookie Fresh Fruit
10 Pizza Garden Fresh Salad Seasoned Corn Diced Peaches	11 Crispitos Pinto Beans Shredded Lettuce Chopped Tomatoes Spanish Rice Homemade Salsa Fruit Cup	12 Chicken Strips Hot Roll Mashed Potatoes Green Beans Orange Smiles	13 Popcorn Chicken Fried Rice Seasoned Vegetables Fruit Salad	14 Cheese Burger or Fish Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
17 Pizza Seasoned Vegetables Fruit Dessert	18 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Pineapple	19 Mac & Cheese Seasoned Corn Cucumber Salad Fruit	20 Steak Fingers Hot Roll Mashed Potatoes Seasoned Green Beans Cinnamon Apples	21 Chicken Sandwich or Fish Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit

Green is the Color of the Season!

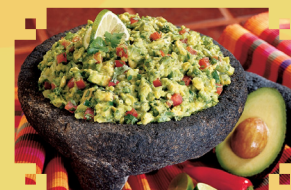
March seems to be all about green and not just because of *St. Patrick's Day*. So many green vegetables are in season this month, including the yummy avocado! There are plenty of ways to eat avocados, but one of America's favorite is guacamole. Try the simple guacamole recipe below at home for a yummy snack or addition to any meal!

Ingredients:

- 3 medium avocados or 4 small ones
- 1 firm tomato, finely diced
- 1/2 white onion
- 1/2 cup chopped cilantro
- 2 tbsp. fresh lemon or lime juice
- Salt and pepper to taste

Preparation:

1. Open the avocados and scoop out the flesh.
2. Mash the flesh with a fork until nearly smooth.
3. Stir the other ingredients into the flesh.
4. Enjoy with chips or fresh veggies.



SPRING BREAK!!

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

BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week of 3/3 & 3/17	Pancake Wrap	Eggs w/ Sausage & Toast	Breakfast on Bun	Breakfast Pizza	Yogurt Parfait & Grahams
Week of 3/10 & 3/24	Pig in a Blanket	Eggs & Bacon w/ Toast	Biscuits & Gravy	Breakfast Tacos	Banana Bread

This institution is an equal opportunity provider.