

MARCH

Secondary

A choice of milk and a Grab N' Go will be offered every day.

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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Spaghetti with Meat Sauce and Garlic Toast or Specialty Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Cup	4 Nachos Refried Beans Spanish Rice Homemade Salsa Fresh Salad w/ Toppings Fresh Apple	5 Brunch for Lunch! Belgium Waffles with Sausage or Fish Shapes Breakfast Potatoes Fresh Salad w/ Toppings Berries & Cream	6 Country Bowl or Country Bucket with Hot Roll Steamed Vegetables Fresh Salad with Toppings Fruit Cup	7 Bacon Cheese Burger or Fish Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Salad Toppings Fresh Baked Cookie Fresh Fruit
10 Chicken Alfredo with Garlic Bread or Choice of Pizza Garden Fresh Salad Seasoned Corn Diced Peaches	11 Crispitos Pinto Beans Shredded Lettuce Chopped Tomatoes Spanish Rice Homemade Salsa Fruit Cup	12 Drumsticks or Chicken Strips Hot Roll Mashed Potatoes Green Beans Orange Smiles	13 Asian Bowl with Fried Rice or Popcorn Chicken Steamed Broccoli Steamed Baby Carrots Fruit Salad	14 Cheese Burger or Fish Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Fruit
17 Lasagna Garlic Toast or Choice of Pizza Seasoned Vegetables Fresh Salad w/ Toppings Fruit Dessert	18 Tacos Lettuce & Tomatoes Pinto Beans Spanish Rice Homemade Salsa Lettuce & Tomato w/ Salad Toppings Pineapple	19 Choice of Sandwich/Sub Baked Chips Seasoned Vegetables Mac & Cheese Lettuce, Tomatoes, and Pickles Fruit	20 Steak Fingers or Boneless Wings Hot Roll Mashed Potatoes Seasoned Green Beans Fresh Salad w/ Toppings Cinnamon Apples	21 Chicken Sandwich or Fish Sandwich Basket with Fries Lettuce & Pickles Sliced Tomatoes Fresh Salad Toppings Fresh Baked Cookie Fresh Fruit

SPRING BREAK!!

An option of cereal & toast, 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.