

March

PRE-KINDER

Milk will be offered with every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
4 Spaghetti with Meat Sauce Garlic Toast Seasoned Corn Fruit Cup	5 Nachos Refried Beans Tossed Salad Spanish Rice Fresh Apple	6 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 Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit
11 Choice of Pizza Seasoned Vegetables Fruit Cup	12 Soft Taco Lettuce & Tomatoes Pinto Beans Spanish Rice Pineapple	13 Chicken & Waffles Glazed Carrots Fruit Salad	14 Corn Dog Glazed Carrots Tossed Salad Fruit Cup	15 Chicken Sandwich Basket with Fries Lettuce & Pickles Fresh Baked Cookie Fresh Fruit

SPRING BREAK IS HERE!

25 Choice of Pizza Carrot Dippers Seasoned Vegetables Fruit Dessert	26 Quesadilla Pinto Beans Lettuce & Tomato Spanish Rice Fruit Cup	27 Crispy Chicken Drumstick Hot Roll Mashed Potatoes Street Corn Orange Smiles	28 Popcorn Chicken Fried Rice Seasoned Vegetables Fruit Salad	29 Enjoy Your Day Off!
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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 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	Croissant
Week of 3/18	Cereal & Grahams	Pancake Wrap	Breakfast Sandwich	Yogurt & Scoobies	Biscuits & Sausage