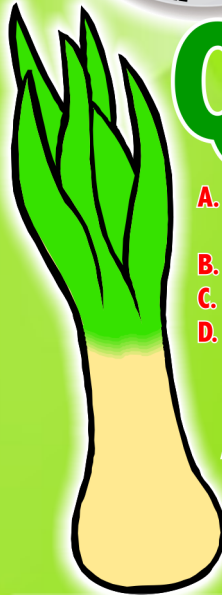




What's on YOUR plate?



Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

MANY MOONS

Native Americans had special names for every full moon of the year. One name for this month's full moon is the "Full Crust Moon," because by March snow cover is melting during the day and re-freezing and crusting over by night.

Monday, March 11

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Cheesy Breadsticks
French Bread Pizza
Chicken Tenders

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Tuesday, March 12

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Beef Nachos w/ Cheese
French Bread Pizza
Chicken Tenders

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Wednesday, March 13

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Oven Roasted Chicken
French Bread Pizza
Chicken Tenders

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Thursday, March 14

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Stuffed Shells w/ Sauce
French Bread Pizza
Chicken Tenders

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Friday, March 15

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Corn Dogs
French Bread Pizza
Chicken Tenders

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Monday, March 18

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
French Toast, Ham, & Scrambled Eggs
Deep Dish Pizza
Popcorn Chicken

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Tuesday, March 19

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Beef Tacos w/ Cheese
Deep Dish Pizza
Popcorn Chicken

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Wednesday, March 20

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Baked Ziti w/ Sauce
Deep Dish Pizza
Popcorn Chicken

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Thursday, March 21

EARLY RELEASE Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Chicken Sandwich
Deep Dish Pizza
Popcorn Chicken

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Friday, March 22

No School

Teacher In-Service Day

Monday, March 25

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Pizza Max Sticks
Pepperoni Pizza Slice
Chicken Nuggets

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Tuesday, March 26

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Teriyaki Chicken
Pepperoni Pizza Slice
Chicken Nuggets

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Wednesday, March 27

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Lasagna w/ Sauce
Pepperoni Pizza Slice
Chicken Nuggets

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Thursday, March 28

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Oven Roasted Chicken
Pepperoni Pizza Slice
Chicken Nuggets

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad

Friday, March 29

Breakfast
Breakfast Pastry or Hot Breakfast, Fruit, Juice, Assorted Milk

Lunch Choices

Hot Entrees
Cheeseburger on a Bun
Pepperoni Pizza Slice
Chicken Nuggets

Cold Entrees
Deli Wrap Sandwich
Fresh Chef Salad