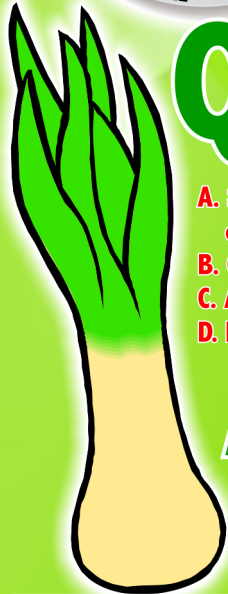


What's on YOUR plate?

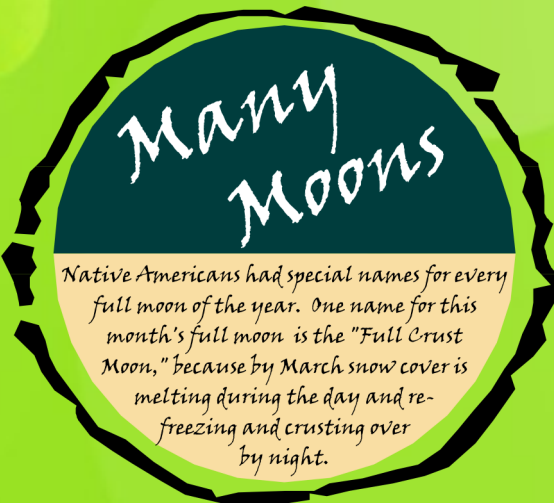


Q: What can you do with a LEEK?!

- 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



Monday, March 11

Breakfast
Muffin & Cheese Stick, or Assorted Cereal
Fruit, Juice, Milk

Lunch
French Bread Pizza, Crinkle Cut Fries, Broccoli Florets w/ Dip, Fresh Apple, Milk

Alternate Choices
Chef Salad w/ Chicken or PB& J Uncrustable

Tuesday, March 12

Breakfast
Mini Maple Pancakes, or Assorted Cereal, Fruit, Juice, Milk

Lunch
Beef Nachos w/ Cheese, Lettuce & Tomato, Strawberry Cup, Apple Churro, Milk

Alternate Choices
Chef Salad w/ Chicken or PB& J Uncrustable

Wednesday, March 13

Breakfast
Whole Grain Donut & Cheese Stick, or Cereal
Fruit, Juice, Milk

Lunch
Corn Dogs, Macaroni & Cheese, Baked Beans, Mixed Vegetables, Fresh Orange, Milk

Alternate Choices
Chef Salad w/ Chicken or PB& J Uncrustable

Thursday, March 14

Breakfast
Mini Maple Waffles, or Assorted Cereal, Fruit, Juice, Milk

Lunch
Chicken Chunks, Rice, Peas & Carrots, Diced Peaches, Graham Crackers, Milk

Alternate Choices
Chef Salad w/ Chicken or PB& J Uncrustable

Friday, March 15

Breakfast
Breakfast Sandwich, or Assorted Cereal, Fruit, Juice, Milk

Lunch
Pizza Max Sticks, Dipping Sauce, Salad w/ Romaine, Pears, Jello, Milk

Alternate Choices
Chef Salad w/ Chicken or PB& J Uncrustable

Monday, March 18

Breakfast
Muffin & Cheese Stick, or Assorted Cereal, Fruit, Juice, Milk

Lunch
French Toast Sticks, Sausage Links, Yogurt Hash Brown Patty, Fruit Cocktail, Milk

Alternate Choices
Chef Salad w/ Ham or PB& J Uncrustable

Tuesday, March 19

Breakfast
Mini Maple Pancakes, or Assorted Cereal, Fruit, Juice, Milk

Lunch
Chicken Tenders, Mashed Potatoes, Broccoli, Fresh Apple, Four Bean Salad, Milk

Alternate Choices
Chef Salad w/ Ham or PB& J Uncrustable

Wednesday, March 20

Breakfast
Whole Grain Donut & Cheese Stick, or Cereal
Fruit, Juice, Milk

Lunch
Deep Dish Pizza, Green Beans, Sun Dried Raisins, Goldfish Crackers, Milk

Alternate Choices
Chef Salad w/ Ham or PB& J Uncrustable

Thursday, March 21

EARLY RELEASE Breakfast
Mini Maple Waffles, or Assorted Cereal, Fruit, Juice, Milk

Lunch
Pizza Max Sticks, Dipping Sauce, Salad w/ Romaine, Peaches, Pudding, Milk

Alternate Choices
Chef Salad w/ Ham or PB& J Uncrustable

Friday, March 22

No School

Teacher In-Service Day

Monday, March 25

Breakfast
Muffin & Cheese Stick, or Assorted Cereal, Fruit, Juice, Milk

Lunch
Chicken Chunks, Seasoned Rice, Broccoli w/ Cheese, Applesauce, Milk

Alternate Choices
Chef Salad w/ Chicken or PB& J Uncrustable

Tuesday, March 26

Breakfast
Mini Maple Pancakes, or Assorted Cereal, Fruit, Juice, Milk

Lunch
Pasta w/ Meat Sauce, Garlic Breadstick, Salad w/ Romaine, Mixed Fruit, Sherbet Cup, Milk

Alternate Choices
Chef Salad w/ Chicken or PB& J Uncrustable

Wednesday, March 27

Breakfast
Whole Grain Donut & Cheese Stick, or Cereal
Fruit, Juice, Milk

Lunch
French Bread Pizza, Baby Carrots w/ Dip, Fresh Red Grapes, Tiny Pretzels, Milk

Alternate Choices
Chef Salad w/ Chicken or PB& J Uncrustable

Thursday, March 28

Breakfast
Mini Maple Waffles, or Assorted Cereal, Fruit, Juice, Milk

Lunch
Cheeseburger on a Bun, Sweet Potato Fries, Baked Beans, Cookie, Strawberry Cup, Milk

Alternate Choices
Chef Salad w/ Chicken or PB& J Uncrustable

Friday, March 29

Breakfast
Breakfast Sandwich, or Assorted Cereal, Fruit, Juice, Milk

Lunch
Popcorn Chicken, Crispy Cut Fries, Diced Peaches, Granola Bar, Milk

Alternate Choices
Chef Salad w/ Chicken or PB& J Uncrustable