

Monday, March 09

Breakfast

WG Pancakes, Sausage Links, Syrup, Apple Slices w/Cinn., Choice of Milk

Lunch

Chicken Bowl
Mashed Potato
Kernel Corn
WG Biscuits
Fresh Apple

1%white, Skim Choc Milk
(Alternate Choice @M/S, H/S)

Tuesday, March 10

Breakfast

WG Bagel w/ Cream Cheese, Strawberry Yogurt, Mix Fruit, Choice of Milk

Lunch

Beef Stew
WG Cornbread
Tossed Salad W/ Dressing
Cherry Pears

1%white, Skim Choc Milk
(Alternate Choice @M/S, H/S)

Wednesday, March 11

Breakfast

Sausage Gravy on WG Toast, Assorted Juice, Apple Slices, Choice of Milk

Lunch

WG Macaroni /Cheese
Cooked Carrots
Green Beans
Dinner Rolls
Pineapple Tidbits

1%white, Skim Choc Milk
(Alternate Choice @M/S, H/S)

Thursday, March 12

Breakfast

Hot or Cold Cereal, WG Toast, Jelly, Asst. Juice, Grapes, Choice of Milk

Lunch

Grilled Chicken Sandwich
Gr Leaf, Sliced Tomato
Cole Slaw
Sliced Peaches

1%white, Skim Choc Milk
(Alternate Choice @MS,H/S)

Friday, March 13

Breakfast

Cinnamon French Toast, Syrup, Sliced Pears, Choice of Milk

Lunch

Chili Mac
Steamed Carrots
Ranch Style Beans
WG Breadsticks
Fresh Fruit

1%white, Skim Choc Milk
(Alternate Choice @M/S, H/S)



No School 3/16-20/20

Monday, March 23

Breakfast

Hot or Cold Cereal, WG Toast, Jelly, Sliced Peaches, Choice of Milk

Lunch

Hotdog on a WG Bun
Ranch Style Beans
Baby Carrots w/ Dressing
Mandarin Oranges

1%white, Skim Choc Milk
(Alternate Choice @ M/S, H/S)

Tuesday, March 24

Breakfast

Scrambled Eggs, Banana Muffin, Asst. Juice, Apple Slices, Choice of Milk

Lunch

Chicken Enchilada
Mexicali Corn w/ Black Beans
Steamed Zucchini
Fruited Jell-O

1%white, Skim Choc Milk
(Alternate Choice @ M/S, H/S)

Wednesday, March 25

Breakfast

WG Blue Corn Mush, Sausage Patty, Sliced Peaches, Choice of Milk

Lunch

Frito Chili Pie w/ Tossed Salad w/ Dressing
Celery Sticks
Fresh Orange

1%white, Skim Choc Milk
(Alternate Choice @ M/S, H/S)

Thursday, March 26

Breakfast

Breakfast Burrito w/ Salsa, Applesauce, Choice of Milk

Lunch

Braised Beef over Brown Rice
Whole Kernel Corn
Steamed Broccoli
WG Dinner Rolls

1%white, Skim Choc Milk
(Alternate Choice @ M/S, H/S)

Friday, March 27

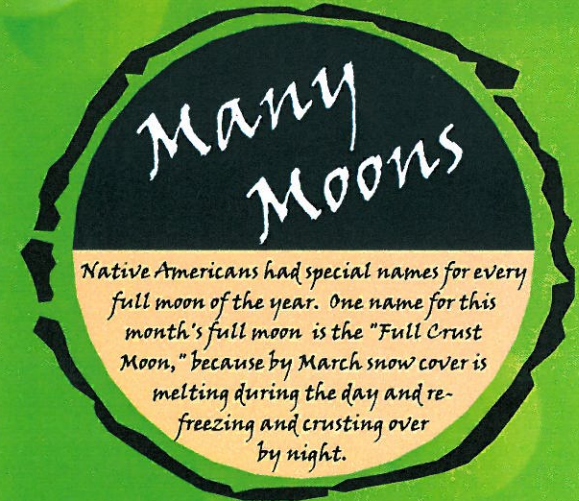
Breakfast

PB Jelly Sandwich or Grill Cheese, Banana, Choice of Milk

Lunch

Spaghetti w/ Meat Sauce
Mixed Vegetable
WG Breadstick
Tropical Fruit

1%white, Skim Choc Milk
(Alternate Choice @ M/S, H/S)



Monday, March 30

Breakfast

Fried Egg, Hash-browns, WG Toast, Asst. Juice, Grapes
Choice of Milk

Lunch

Soft Taco
Taco Sauce
Refried Beans
Spanish Rice
Sidekicks

1%white, Skim Choc Milk
(Alternate Choice @ M/S, H/S)

Monday, March 31

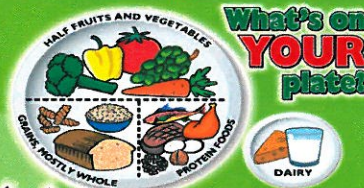
Breakfast

Pancake on a stick, Syrup, Applesauce, Choice of Milk

Lunch
Primary, Intermediate

Pepperoni Pizza
Tossed Salad
Sliced Ham
Sweet Potatoes
Green Beans, WG Rolls
Pineapple Tidbits

1%white, Skim Choc Milk
(Alternate Choice @ M/S, H/S)



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://kidshhealth.org/kidstay_healthy/food/pyramid.html

AVAILABLE DAILY:

Middle & High School

Monday: Cheeseburger
 Tuesday: Pepperoni Pizza
 Wednesday: Bean Burrito
 Thursday: Chef Salad w/ Deli
 Friday: Corndogs