



**YOU'RE GOOD**  
**ALL STUDENTS EAT ALL MEALS@ NO COST ALL YEAR LONG**



**Kids!**  
 Join us March 3-7  
 for  
**National School Breakfast Week**

Monday, March 3
<b>Breakfast</b> Wholegrain Muffin Choice with Yogurt Cup
<b>Lunch</b> Baked Breaded Chicken Tenders
Buttered Noodles
Fruit / Milk Choice

Tuesday, March 4
<b>Breakfast</b> Toasted Wholegrain Pop Tart & Cheese Stick
<b>Lunch</b> Baked Hoagie on a Wholegrain Bun
Crispy Potato Sticks
Fruit / Milk Choice

Wednesday, March 5
<b>Breakfast</b> Sausage & Cheese Breakfast Pizza
<b>Lunch</b> Mac & Cheese with Baked Soft Pretzel
Vegetable Choice
Fruit / Milk Choice

Thursday, March 6
<b>Breakfast</b> General Mills Cereal Bar with Yogurt Cup
<b>Lunch</b> Baked Mini Corn Dog Nuggets
Tossed Garden Salad
Fruit / Milk Choice

Friday, March 7
<b>Breakfast</b> Super Bakery Wholegrain Donut Bites
<b>Lunch</b> Stuffed Crust Pizza
Vegetable Choice
Fruit / Milk Choice



Monday, March 10
<b>Breakfast</b> Egg & Cheese Breakfast Wrap
<b>Lunch</b> Baked Breaded Pizza Crunchers
Vegetable Choice
Fruit / Milk Choice

Tuesday, March 11
<b>Breakfast</b> Super Bakery Breakfast Bar with Yogurt Cup
<b>Lunch</b> Beef & Cheese Nachos
Steamed Corn
Fruit / Milk Choice

Wednesday, March 12
<b>Breakfast</b> Mini Buttermilk Pancakes with Syrup
<b>Lunch</b> Cheeseburger on a Wholegrain Bun
Baked Fries
Fruit / Milk Choice

Thursday, March 13
<b>Breakfast</b> Cereal Choice with Graham Crackers or Cheese Stick
<b>Lunch</b> Steak & Cheese Hoagie
Baked Smiley Fries
Fruit / Milk Choice

Friday, March 14
<b>Breakfast</b> Super Bakery Muffin Choice with Yogurt Cup
<b>Lunch</b> The MAX Cheese Sticks with Pizza Sauce Cup
Vegetable Choice
Fruit / Milk Choice

<b>Lunch:</b>
<u>Alternate Choice:</u>
1) Deli Hoagie
2) Peanut Butter & Jelly Sandwich
<u>Available Daily:</u>
Fruit or 100% Fruit Juice
Vegetable Choice
Wholegrain Breads/Rolls
Milk Choice

# SOMETHING'S **BURNING**

## Exercise for good health

You can burn about 500 calories an hour shoveling snow (or dirt). That's almost as many as you burn playing basketball or soccer. But don't forget to keep your back straight and let your legs do the work!



Monday, March 17

### Breakfast

Baked Wholegrain  
Funnel Cake

### Lunch

Chicken Nuggets with  
Whipped Potatoes

St. Patrick's Day Dessert

Fruit / Milk Choice

Tuesday, March 18

### Breakfast

Sausage & Pancake Flap  
Stick with Syrup

### Lunch

Cheese Quesadilla  
Pizza Wedge

Baked Fries

Fruit / Milk Choice

Wednesday, March 19

### Breakfast

Egg & Bacon  
Breakfast Bagel

### Lunch

Hot Dog on a  
Wholegrain Bun

Honey Baked Beans

Fruit / Milk Choice

Monday, March 24

### Breakfast

Super Bakery Banana  
Bread with Yogurt Cup

### Lunch

French Bread  
Pizza Wedge

Baked Fries

Fruit / Milk Choice

Tuesday, March 25

### Breakfast

Baked Sausage & Egg  
Breakfast Wrap

### Lunch

Beef Taco with  
Lettuce & Cheese

Steamed Corn

Fruit / Milk Choice

Wednesday, March 26

### Breakfast

Wholegrain Cinnamon Roll  
with Cheese Stick

### Lunch

Cheeseburger on a  
Wholegrain Bun

Baked Fries

Fruit / Milk Choice

Thursday, March 27

### Breakfast

Sausage & Cheese  
Breakfast Pizza

### Lunch

Chicken Sandwich on a  
Wholegrain Bun

Crispy Potato Sticks

Fruit / Milk Choice

Friday, March 28

### Breakfast

Egg & Cheese Croissant  
Sandwich

### Lunch

Deep Dish  
Pizza

Tossed Garden Salad

Fruit / Milk Choice

### **Breakfast:**

Choose at least 3 of 4  
available component

Daily breakfast  
entrée or variety of  
alternate choices

Fruit or  
100% Fruit Juice

Milk Choice

Monday, March 31

### Breakfast

Ultimate Breakfast  
Round with Yogurt Cup

### Lunch

Orange Asian Chicken  
with Rice

Steamed Broccoli

Fruit / Milk Choice

## START FRESH WITH FRUIT!

Every complete  
Breakfast@School  
must include  
a serving of  
fruit. That's  
putting FIRST  
THINGS FIRST!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.  
**WELLNESS IS A WAY OF LIFE!**

## NUTRITION **TOGO**

**Peanut Butter is a fantastic, healthy lunch or snack food that kids love! Look for varieties that contain less sugar. Indeed, there are many brands available now that are 100% peanuts -- or perhaps just peanuts with a dash of salt -- and no added sugar at all! Excellent Peanut Butter delivery methods include celery stalks and 100% whole wheat bread or crackers.**

**A QUICK BITE FOR PARENTS**