

# March

## BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>Cinnamon Dipperdoodle Bar/fruit or orange juice</li> <li>Lemon Muffin/fruit or orange juice</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>Plain Bagel &amp; Cream Cheese/fruit</li> <li>(DF) Cheerios &amp; Zac Attack Fruit-Filled Apple Bar/fruit</li> </ul> <p style="text-align: right;">2</p>
NATIONAL SCHOOL BREAKFAST WEEK				
<ul style="list-style-type: none"> <li>String Cheese &amp; Remy's Cinnamon Grahams</li> <li>(DF) Corn Chex &amp; Mini Dipperdoodle bar</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>(DF) Snow Flurries Cereal</li> <li>Apple Muffin</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>Blueberry Bagel &amp; Cream Cheese/fruit or orange juice</li> <li>French Toast Muffin/fruit or orange juice</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>Cinnamon Crumbles/fruit</li> <li>Zee Zees Berry Apple Bar/fruit</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>Plain Bagel &amp; Cream Cheese/fruit or orange juice</li> <li>Lemon Muffin/fruit or orange juice</li> </ul> <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> <li>(DF) Cheerios &amp; Zac Attack Fruit-Filled Apple Bar</li> <li>Yogurt &amp; Granola</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>(DF) Zees Zees Berry Apple Bar</li> <li>Lemon Muffin</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>Plain Bagel &amp; Cream Cheese/fruit</li> <li>Apple Muffin/fruit</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>(DF) Cinnamon Dipperdoodle Bar/fruit or orange juice</li> <li>Cinnamon Crumble/fruit or orange juice</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>(DF) Snow Flurries Cereal/fruit</li> <li>French Toast Muffin/fruit</li> </ul> <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> <li>(DF) Zac Omega Fruit-Filled Strawberry Bar</li> <li>(DF) Honey Buttons Cereal</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>(DF) Honey Grahams &amp; Cinnamon Rumbles</li> <li>(DF) Zee Zees Berry Apple Bar</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>Plain Bagel &amp; Cream Cheese/fruit or orange juice</li> <li>Lemon Muffin/fruit or orange juice</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>Cinnamon Crumbles/fruit</li> <li>Yogurt &amp; Educational Snacks/fruit</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>Blueberry Bagel &amp; Cream Cheese/fruit or orange juice</li> <li>(DF) Cocoa Critter Cereal/fruit or orange juice</li> </ul> <p style="text-align: right;">23</p>
N O S C H O O L				
26	27	28	29	30

### What's New?

**National School Breakfast Week** is March 5 – 9!



*did you know?* studies show that students who eat breakfast have improved attention and memory, which leads to higher reading and math scores!

**Breakfast:** choice of 1% or fat-free milk; fresh fruit available daily except when fruit juice is offered three times per week.

*This institution is an equal opportunity provider*



# March

## LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			<ul style="list-style-type: none"> <li>• (V) Cheese Pizza</li> <li>○ Glazed Carrots</li> </ul> <p style="text-align: right;">1</p>	<ul style="list-style-type: none"> <li>• (V) Creamy Pasta Alfredo</li> <li>○ Seasoned Garbanzo Beans &amp; Broccoli Florets with Ranch</li> </ul> <p style="text-align: right;">2</p>
<ul style="list-style-type: none"> <li>• (DF) The Revolution Dog</li> <li>○ Baby Carrots</li> </ul> <p style="text-align: right;">5</p>	<ul style="list-style-type: none"> <li>• Turkey &amp; Cheddar Sandwich</li> <li>○ Green Peas</li> </ul> <p style="text-align: right;">6</p>	<ul style="list-style-type: none"> <li>• Bfast for Lunch: Pancakes with Sausage</li> <li>○ Chilled Seasoned Green Beans</li> </ul> <p style="text-align: right;">7</p>	<ul style="list-style-type: none"> <li>• (V) Taco Dippers Kit</li> <li>○ Three Bean Salad &amp; Broccoli Florets</li> </ul> <p style="text-align: right;">8</p>	<ul style="list-style-type: none"> <li>• Ham &amp; Cheddar Sandwich</li> <li>○ Chopped Lettuce &amp; Sliced Tomatoes with Ranch</li> </ul> <p style="text-align: right;">9</p>
<ul style="list-style-type: none"> <li>• (DF) Chicken Teriyaki with Brown Rice</li> <li>○ Chopped Lettuce &amp; Sliced Tomatoes with Ranch</li> </ul> <p style="text-align: right;">12</p>	<ul style="list-style-type: none"> <li>• Mac &amp; Cheese &amp; Chicken Bites</li> <li>○ Glazed Carrots</li> </ul> <p style="text-align: right;">13</p>	<ul style="list-style-type: none"> <li>• (DF) Spaghetti &amp; Meatballs</li> <li>○ Steamed Corn</li> </ul> <p style="text-align: right;">14</p>	<ul style="list-style-type: none"> <li>• Cheesy Chicken Quesadilla</li> <li>○ Sliced Cucumber</li> </ul> <p style="text-align: right;">15</p>	<ul style="list-style-type: none"> <li>• Beef Cheeseburger</li> <li>○ Broccoli Florets &amp; Edamame</li> </ul> <p style="text-align: right;">16</p>
<ul style="list-style-type: none"> <li>• (DF) Oven Roasted Chicken Sandwich</li> <li>○ Steamed Carrots</li> </ul> <p style="text-align: right;">19</p>	<ul style="list-style-type: none"> <li>• Ham &amp; Cheddar Sandwich</li> <li>○ Grape Tomatoes &amp; Three Bean Salad</li> </ul> <p style="text-align: right;">20</p>	<ul style="list-style-type: none"> <li>• Jerk Drumstick &amp; Rice</li> <li>○ Celery Sticks</li> </ul> <p style="text-align: right;">21</p>	<ul style="list-style-type: none"> <li>• Philly Cheesesteak Sandwich</li> <li>○ Green Peas</li> </ul> <p style="text-align: right;">22</p>	<ul style="list-style-type: none"> <li>• Hot Meatball Sub Sandwich</li> <li>○ Broccoli Florets with Ranch</li> </ul> <p style="text-align: right;">23</p>
<h1>N</h1> <p style="text-align: right;">26</p>	<h1>O</h1> <p style="text-align: right;">27</p>	<h1>S</h1> <p style="text-align: right;">28</p>	<h1>C</h1> <p style="text-align: right;">29</p>	<h1>H</h1> <p style="text-align: right;">30</p>
<h1>O</h1>	<h1>S</h1>	<h1>C</h1>	<h1>H</h1>	<h1>O</h1>
<h1>O</h1>	<h1>S</h1>	<h1>C</h1>	<h1>H</h1>	<h1>O</h1>
<h1>L</h1>				

Lunch: choice of 1% or fat-free milk; fresh fruit available daily.

Dairy-free (DF)  
Vegetarian (V)

○ Vegetable of the day

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