



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



SWEET TOOTH

The Honey Badger of Africa and Asia is really closer to a weasel than a true badger, but one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!



ANIMAL APPETITES

Breakfast:
 Choose at least 3 of 4 available component

Daily breakfast entrée or variety of alternate choices

Fruit or 100% Fruit Juice

Milk Choice

MARCH IS NATIONAL NUTRITION MONTH



Friday, March 1

Breakfast
 Cinnamon Ultimate Breakfast Round

Lunch
 Cheese Stuffed Pizza Crunchers
 Vegetable Choice

Fruit / Milk Choice

Monday, March 4

Breakfast
 Cocoa Cherry Breakfast Bar

Lunch
 Chicken Tenders with Buttered Noodles
 Chilled Baby Carrots

Fruit / Milk Choice

Tuesday, March 5

Breakfast
 Maple Waffle Bites with Syrup Cup

Lunch
 Beef & Cheese Nachos
 Steamed Corn

Fruit / Milk Choice

Wednesday, March 6

Breakfast
 Breakfast Pizza Square

Lunch
 Cheeseburger with Potato Sticks
 Punch Vegetable Juice

Fruit / Milk Choice



NUTRITION TO GO

Turns out Grandma was right: chicken soup IS good for a cold! Chicken soup helps to ease cold symptoms by breaking up congestion, keeping you hydrated, and even acting as an anti-inflammatory. The taste and aroma can be therapeutic, too! There's no cure for a cold, but a piping hot bowl of soup can at least offer some relief.

A QUICK BITE FOR PARENTS

Monday, March 11

Breakfast

General Mills
Cereal Bar

Lunch

Orange Asian Chicken
with Steamed Rice
Mango Vegetable Juice

Fruit / Milk Choice

Tuesday, March 12

Breakfast

French Toast Bites
with Syrup Cup

Lunch

Baked Breaded
Chicken Sandwich
Tater Tots

Fruit / Milk Choice

Wednesday, March 13

Breakfast

Super Bakery Ultra
Banana Bread

Lunch

Baked Italian
Hoagie
Baked Fries

Fruit / Milk Choice

Thursday, March 14

Breakfast

Baked Wholegrain
Apple Churro

Lunch

Mini Corn Dog
Nuggets
Smiley Fries

Fruit / Milk Choice

Friday, March 15

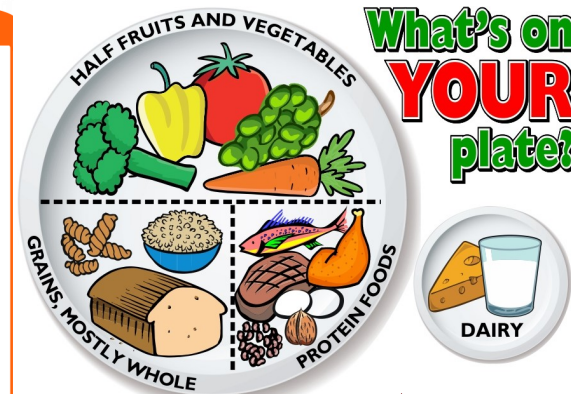
Breakfast

Baked Strawberry
Pancake Bowl

Lunch

BOSCO Sticks with
Pizza Sauce &
Vegetable Choice
*Shamrock Sugar
Cookie

Fruit / Milk Choice



**What did the
Teddy Bear
say when
he was
offered
dessert?**



"No, thanks. I'm stuffed!" Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

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

Monday, March 18

Breakfast

Toasted Wholegrain
Pop Tarts

Lunch

Baked Breaded
Chicken Nuggets with
Whipped Potatoes
*Shamrock Frozen
Juice Cup
Fruit / Milk Choice

Tuesday, March 19

Breakfast

Buttermilk Pancake
Bites with Syrup

Lunch

Barbecue Rib
Sandwich
Baked Fries

Fruit / Milk Choice

Wednesday, March 20

Breakfast

Breakfast Pizza
Square

Lunch

Hot Dog with Honey
Baked Beans
Punch Vegetable Juice

Fruit / Milk Choice

Thursday, March 21

Breakfast

Egg & Bacon
Breakfast Bagel

Lunch

Thick Crust
Pizza Slice
Tossed Garden Salad

Fruit / Milk Choice

Friday, March 22

Breakfast

Baked Cinnamon
Donut Holes

Lunch

Mac & Cheese with
Baked Soft Pretzel
Vegetable Choice

Fruit / Milk Choice

Monday, March 25

Breakfast

Wholegrain Iced
Cinnamon Roll

Lunch

Popcorn Chicken with
Cheesy Potatoes
Chilled Baby Carrots
Fruit / Milk Choice

Tuesday, March 26

Breakfast

Pancake & Sausage
Flap Stick with Syrup

Lunch

Beef & Cheese Taco with
Shredded Lettuce
Steamed Corn
Fruit / Milk Choice

Wednesday, March 27

Breakfast

Cereal Choice with
Wholegrain Crackers

Lunch

Cheese Stuffed
Pizza Crunchers
Potato Sticks
Fruit / Milk Choice

Brain



Ticklers

What
instrument
does a boastful
Irish musician
play on St.
Patrick's Day?

(Hold the page upside
down and read it in a
mirror for the answer!)
The "bagpipes"

Lunch:

Alternate Choice:

- 1) Deli Hoagie
 - 2) Peanut Butter & Jelly
Sandwich
- Available Daily:**
Fruit or 100% Fruit Juice
Vegetable Choice
Wholegrain Breads
Milk Choice