

FOOD SERVICE NEWS



Help celebrate **National School Breakfast Week** **March 4-8**

Studies show that students who eat school breakfast are more likely to:

- Reach higher levels of achievement in reading & math
- Score higher on standardized tests
- Have better concentration and memory
- Be more alert and maintain a healthy weight

But when the school week gets busy, it's easy for students to rush out the door in the morning without having a nutritious meal. That's why school breakfast is such a great option!

BREAKFAST MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK served with all meals.				1 Pop tart Cereal Fruit Fruit juice
4 Chicken & waffles Fruit Fruit juice	5 Chocolate muffin Cheese stick Fruit Fruit juice	6 Sausage and egg croissant Fruit Fruit juice	7 Mini donuts Fruit Fruit juice	8 Pop tart Cereal Fruit Fruit juice
11 NO SCHOOL— Spring Break	12 NO SCHOOL— Spring Break	13 NO SCHOOL— Spring Break	14 NO SCHOOL— Spring Break	15 NO SCHOOL— Spring Break
18 Cheese Omelet Breakfast potatoes Fruit Fruit juice	19 Cereal bar Cheese stick Fruit Fruit juice	20 Mini Pancakes Sausage links Fruit Fruit juice	21 Blueberry muffin Cheese stick Fruit Fruit juice	22 Pop tart Cereal Fruit Fruit juice
25 Frosted long John Fruit Fruit juice	26 Breakfast pizza Fruit Fruit juice	27 Yogurt w/ granola Fruit Fruit juice	28 Egg scramble Fruit Fruit juice	29 NO SCHOOL— Holiday (Good Friday)

LUNCH MENU



USDA is an equal opportunity provider and employer
Menus are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK served with all meals.	Choose a salad as an alternate lunch daily (HS & MS only)			1 Breaded cheese sticks Honey glazed carrots Lettuce salad w/ greens Apple wedges
4 Philly beef/sub with peppers & onions Baked chips Buttered corn Peaches	5 Teriyaki chicken Seasoned rice Steamed broccoli Mandarin oranges Fortune cookie	6 Boneless chicken drummies Seasoned potatoes Baked beans Mixed fruit	7 Bacon cheeseburger French fries Green bean casserole Applesauce	8 Macaroni & cheese Little smokies Peas & carrots Pears Soft pretzel (grades 6-12)
11 NO SCHOOL— Spring Break	12 NO SCHOOL— Spring Break	13 NO SCHOOL— Spring Break	14 NO SCHOOL— Spring Break	15 NO SCHOOL— Spring Break
18 Chicken & noodles Peas Orange wedges Bread & butter sandwich	19 Breaded pork/bun French fries Broccoli salad Diced peaches Side kick/frozen fruit	20 Breaded chicken drumstick Mashed potatoes & gravy Mixed fruit Dinner roll	21 Deli Baked chips Fresh veggies Applesauce Pudding cup	22 Grilled cheese Tomato soup Lettuce salad w/ dressing Strawberries & grapes
25 Hot dog Coleslaw Green beans Strawberry applesauce	26 Walking taco Fiesta beans Corn Diced peaches	27 French toast sticks Sausage links HB patty Strawberries/bananas	28 Breaded chicken French fries Fresh broccoli Apple wedges	29 NO SCHOOL— Holiday (Good Friday)

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