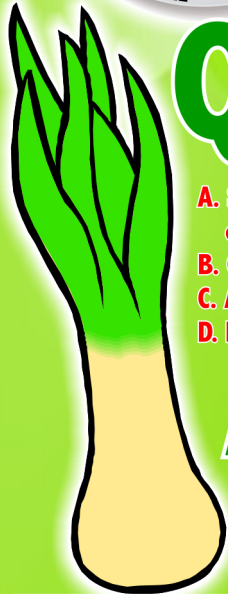


# What's on YOUR plate?



## 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](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

# MARCH IS NATIONAL NUTRITION MONTH



**Monday, March 11**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Yogurt with Granola

**Lunch**  
Chicken Nuggets with Roll  
Sloppy Joe on Bun  
PB & J Sandwich  
Chef Salad with Dinner Roll  
Sides:  
Baked French Fries/ Fresh Veggies  
Fruit and Milk

**Tuesday, March 12**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Sausage and Cheese Muffin

**Taco Tuesday Lunch**  
Beef and Cheese Soft Shell Taco  
Beef and Cheese with Taco Chips  
PB & J Kit (Graham Crackers)  
Chef Salad with Graham Crackers  
Sides:  
Black Bean Salsa  
Lettuce and Tomato  
Fruit and Milk

**Wednesday, March 13**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Bagel with Cream Cheese

**Go for Greens -Lunch**  
School Made White Pizza (Plain or Veggie)  
Yogurt Cup with Graham Crks  
PB & J Uncrustable  
Chef Salad with Dinner Roll  
Sides:  
NEW Spinach Salad / Cucumbers  
Green Fruited Jell-O and Milk

**Thursday, March 14**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Scrambled Eggs and Toast

**Lunch**  
Creamy Macaroni and Cheese with Roll  
Grilled Chicken Sandwich  
PB & J Kit (Graham Crackers)  
Chef Salad with Graham Crackers  
Sides:  
Steamed Broccoli / Fresh Veggies  
Fruit and Milk

**Friday, March 15**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Mini Waffles

**Lunch**  
Popcorn Chicken Mashed Potato Bowl with Roll  
Fish Sandwich  
PB & J Sandwich  
Chef Salad with Dinner Roll  
Sides:  
Golden Corn  
Fruit and Milk

**Monday, March 18**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Blueberry Muffin with Toast

**Lunch**  
NEW Chili with Corn Bread  
Hot Dog on a Roll  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides:  
Emoji Potatoes / Fresh Veggies  
Fruit Ice and Milk

**Tuesday, March 19**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Ham and Cheese Bagel

**Lunch**  
3 Pierogis with Roll  
Cheeseburger on a Roll  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides:  
Green Beans /Fresh Veggies  
Fruit and Milk

**Wednesday, March 20**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or French Toast Sticks

**Lunch**  
Jumbo Cheese Ravioli with Sauce and Garlic Bread Stick  
Breaded Chicken Patty Sandwich  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides:  
Cesar Salad/ Fresh Veggies  
**Fresh Baked Cookie**

**Thursday, March 21**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Funnel Cake

**Breakfast for Lunch**  
2 Pancakes / Sausage and Syrup  
Hot Ham and Cheese Bagel  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides:  
Tater Tots/ Garbanzo Beans  
Fruit Juice and Milk

**Friday, March 22**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Mini Waffles

**Lunch**  
Toasted Cheese Sandwich  
Bloom Lunchable  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides:  
Tomato Soup with Crackers  
Zesty Baked Beans /Fresh Veggies  
Fruit and Milk

**Monday, March 25**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Sausage and Cheese Bagel

**Lunch**  
5 Corn Dog Nuggets with Roll  
Cheese Steak Hoagie  
PB & J Uncrustable  
Chef Salad with Dinner Roll  
Sides:  
Baked French Fries /Fresh Veggies  
Fruit and Milk

**Tuesday, March 26**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or French Toast

**Lunch**  
Loaded Baked Potato with Cheese and Chili and Roll  
Hot Dog on a Roll  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides:  
Steamed Broccoli  
Fruit Ice and Milk

**Wednesday, March 27**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Egg and Cheese on a Muffin

**Lunch**  
Pepperoni and Cheese Stromboli with Sauce  
Hamburger on a Roll  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides:  
Mixed Vegetables / Fresh Veggies  
Fruit and Milk

**Thursday, March 28**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Funnel Cake

**Lunch**  
Chicken and Biscuits  
Hot Ham and Cheese on Croissant  
PB & J Sandwich  
Chef Salad with Dinner Roll  
Sides:  
Mashed Potatoes/Fresh Veggies  
**Pudding Cup**  
Fruit and Milk

**Friday, March 29**

**Breakfast**  
Choice of Juice, Fruit and Milk  
Cold Cereal with Toast or Blueberry Muffin with Toast

**Lunch**  
Cheesy Pizza (Plain or Pepperoni)  
Yogurt Cup with Graham Crackers  
PB & J Sandwich  
Chef Salad with Round Roll  
Sides:  
Garbanzo Beans / Fresh Veggies  
Fruit and Milk